JAPANESE CUISINE



SPECIAL SEASONING INGREDIENTS USED IN JAPANESE COOKING

1 Dark and Light Soy Sauce (*Shōyu*) Soy sauce is brewed from soy beans, wheat, rice, and other ingredients. Dark soy sauce is the most common kind; light-colored soy sauce contains fructose, and is often used in light-colored dishes.

2 Dashi *Dashi* base comes in either powdered or liquid form, and in bonito, kelp, and small dried fish flavors. Use *dashi* as stock in cooking.

3 Mirin *Mirin* is a transparent, sweet cooking wine made from glutinous rice, frequently used in Japanese cooking.

4 Crushed Laver (*Furigake*) This condiment, containing sesame seeds, finely crushed purple laver (*nori*), and bits of dried bonito fillet, comes in many different types, and is usually mixed into rice or used in making *sushi*. Use the type you prefer.

5 Miso (Soy Bean Paste) *Miso* is made of soy beans, rice, wheat, and other ingredients. It comes in regular and low-salt types.

6 Mustard This is a yellow, piquant paste made from mustard seed powder.

7 Wasabi (Japanese Horseradish) Japanese horseradish root is first ground into a powder, then made into a green, piquant paste.

8 Seven-Flavor Seasoning (*Shichimi-tōgarashi*) This seasoning is made from toasted white radish sprouts, Szechuan peppercorns, fennel, pepper leaf, sesame seed, chili pepper, and pepper.



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HOW TO MAKE DASHI STOCK

Dashi stock plays an important role in Japanese cooking. The freshness and tastiness of a dish often depend to a great extent on the quality of the *dashi* used. Presented below are methods for making the two different kinds of *dashi*:

Dashi I

2/3 to 1 oz. (20-30 g) dried bonito shavings (*katsuobushi*; illus. 1)
5 c. water
1 strip (4″ or 10 cm) dried kelp seaweed (*kombu*; illus. 2)

■ Rub the kelp clean with a cloth, then spread open. Make a series of cuts in the kelp crosswise at 1/2″ (1 cm) intervals; do not, however, cut all the way through. These cuts allow the kelp to release more of its flavor into the stock while cooking; and leaving the kelp in one piece makes it easy to remove.

■ Add the 5 cups of water to a pot together with the kelp. Before the center begins to boil, remove the kelp and continue to boil. Add the bonito shavings and turn off the heat immediately. After the bonito shavings have settled to the bottom of the pot, filter the stock through a piece of cheesecloth. The *dashi* stock is now ready for use in light-colored dishes, for example, Savory Cup Custard (Chawan Mushi; p. 39).

□ Whole dried bonito fillets may be baked to soften and shaved to make the bonito shavings.

Dashi II

Add 2-1/2 cups water to the kelp and bonito shavings used in Dashi I and heat in a pot. Before the center begins to boil, add another 2/3 oz. (20 g) of bonito shavings and turn off the heat immediately. Wait until the ingredients have settled, and filter through a piece of cheesecloth. This *dashi* can be used in dishes with a darker color, such as Chikuzen Ni (p.24). Use ready-made *dashi* for extra convenience (illus. 3).


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HOW TO MAKE RICE FOR SUSHI

Sushi rice (serves 4)

Choose short-grain or *sushi* rice that has whole, pure white grains, with no foreign material mixed in, and with a minimum of broken grains. Wash 2 cups of the rice (do not wash and rinse too long, so as to avoid losing the vitamin B_1 content in the rice). Drain when the rice is clean, white, and translucent. Add 1-3/4 cups water and soak 30 minutes or longer. Cook in an electric rice cooker (or on an electric or gas stove) until done. Leave the rice covered and undisturbed for another 15 minutes after turning off the heat. Pour the *sushi* vinegar over the cooked rice while the rice is still hot, and mix it in with a rice paddle. Fan the rice (either by hand or with an electric fan) while mixing in the vinegar. Do this until the rice is light and fluffy, and the flavor of the vinegar dispersed (illus. 1). Do not allow the rice grains to cling together in clumps, and do not squish the grains, or the rice will become sticky and pasty (illus. 2).

□ If you make a large quantity of *sushi* rice, transfer the extra rice to another container and cover with a wet cloth to prevent the rice from becoming dry and hard. This step is not necessary if making only a small amount for home use.

Sushi vinegar

Mix 1/2 teaspoon salt into 3 tablespoons rice vinegar and bring to a boil over low heat. Then add 2 tablespoons granulated white sugar and turn off the heat immediately. The vinegar mixture is ready when the sugar has completely dissolved. *Sushi* vinegar must be prepared ahead of time, so it is convenient to make a large amount at once and keep it in the refrigerator for use when necessary. The proportion of sugar to vinegar can be adjusted according to personal taste. The various brands of *sushi* vinegar available commercially may also be used (illus. 3).

Utensils for mixing the sushi rice

A wooden container with a large, flat bottom can absorb steam and moisture, allowing the rice grains to become springy and glossy. If unavailable, a porcelain or stainless steel container may be substituted.

□ How to store wooden containers

Wash immediately after use, and drip-dry (do not dry in the sun). Store in a dark, cool, and dry place. Wipe clean with a dry cloth before the next use.


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HOW TO MAKE HOMEMADE UDON NOODLES

SERVES 4-5

1/2 c. (130 cc) water
1/2 T. (10 g) salt
7 oz. (200 g) low gluten flour (about 2/3 c.)
3-1/2 oz. (100 g) high gluten flour (about 1/3 c.)
1/4 c. low gluten flour

■ Dissolve the salt in the water. It should be about as salty as sea water (15 units on a salinometer; illus. 1).

■ Mix the low gluten flour and high gluten flour together in a large bowl. Add the salt water very slowly to the flour as you knead it into a smooth dough. Cover with a wet cloth and leave undisturbed for about one hour. Remove from the bowl. Press the dough down with the palm of your hand (illus. 2), fold into three parts, then press down again. Repeat the above steps for 5 minutes (about 3 to 4 times).

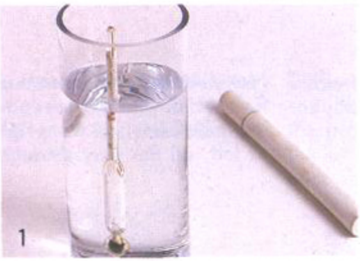
■ Place the dough on a counter and knead until of a consistency that is neither too soft nor too firm. Allow to set undisturbed for another 20 minutes. Remove from the bowl and use a rolling pin (preferably one with about the same diameter as a broomstick) to roll out into a 4″×8″ (10×20 cm) rectangle. Sprinkle some flour over the top. Roll up the dough on the rolling pin (illus. 3) to flatten. You will be rolling out several separate looped layers at once. Press down and roll to lengthen the dough. Spread open the dough on the counter, sprinkle some flour over it, and again roll up the dough around the rolling pin. Repeat as above 5 more times until the dough is about 1/12″ (.2 cm) thick. Sprinkle liberally with flour and fold into 3 or 4 layers. Cut into 1/8″ (.3 cm) *udon* noodles. Again sprinkle liberally with flour, and the noodles are ready for use.

□ Homemade *udon* noodles have a pleasantly springy texture. They can be either stir-fried or boiled, and are very convenient to use. If you do not use them immediately after making them, wrap them in plastic and keep in the refrigerator. They will stay fresh for about one week.

□ For restaurants that make *udon* noodles in large quantities, the dough can be placed in a plastic bag, and a piece of cloth spread on top of the bag. The dough is then stamped on with the feet, rather than kneaded by hand. This makes the gluten in the flour soft and pliable.

To cook *udon* noodles:

Fill a pot with water and bring to a boil. Add the *udon* and wait until the water comes to a second boil. Add 1 cup of cold water, then cook another minute. Remove the noodles when cooked through, and rinse in cold water.


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NOTES ON FISH IN JAPANESE COOKING

■ Fish is one of the mainstays of the Japanese diet, especially in the form of *sashimi* (cut raw fish). It is thus extremely important to know how to select fish. Freshness is by far the top priority: choose fresh or live fish with bright and clear eyes, and translucent, firm, springy flesh. Salt water fish are the most commonly used (fresh water fish are seldom eaten raw). The fish must be kept at a temperature between 37.4°F (3°C) and 41°F (5°C) to prevent spoilage. (Do not, however, let the temperature fall below 37.4°F (3°C), or the fish will freeze. It is also important to keep the cutting board, knife, white towels, etc. used in preparing *sashimi* clean. Wash the fish, remove the entrails, then rinse again in cold water. The fish cannot be rinsed once it has been deboned, since contact with water would wash away the flavor, and also make it more vulnerable to rapid spoilage.

Learning to debone fish is a key step in making *sashimi*. You need only refer to the illustrations below and practice several times to master this procedure. Illustrated and explained below are the methods for deboning fish and for preparing fish for pressed *sushi* with *sashimi*.

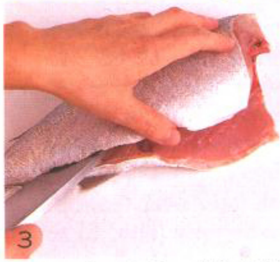
12) Basic Method for Deboning Fish (illus. 1-12)


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Start cutting near the fins. Hold the knife slightly angled to the left. When you cut down to the large bone, turn the fish over, repeat this same cut, and remove the head.


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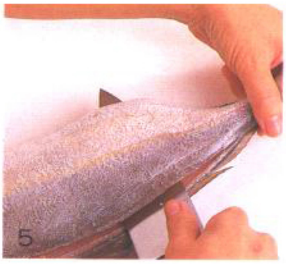
Insert the knife below the belly and cut from left to right, all the way through.


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Remove the entrails and wash the fish. Cut from the belly to the tail.

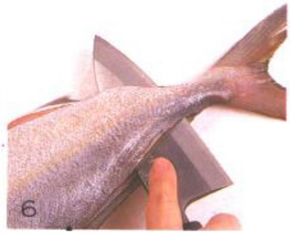

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Next, cut from the upper back fin area down. When you hit the main bone, cut from right to left, all the way through.



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Insert the knife into the tail portion and cut, down to the bone, towards the head. Remove the fillet.



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Cut into the area where the tail is joined. You can now remove the fillet from one side.



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Follow the same procedure to remove the fillet from the other side. When correctly sliced, it will come off in three pieces.



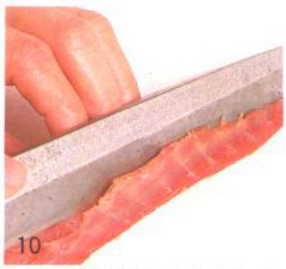
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Cut off the fish bones from the belly. Repeat on the other side.



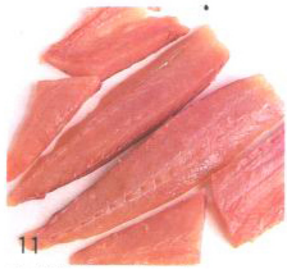
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Insert a knife between the flesh and the skin. Grasp the skin with your left hand. Remove the flesh by pushing the knife in.



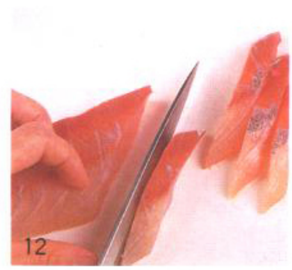
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Cut off the small bones in the posterior ventral area, where the dark-colored meat is (or remove the bones with a tweezers).



11

Trim the flesh into a rectangle (so that it resembles a block of wood).



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Cut with a *sashimi* knife as illustrated to form flat slices.

-16) Preparing Sashimi for Pressed Sushi (illus. 13-16)



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The belly flesh of tuna fish has a high fat content, and is the most tender and delicious part of the fish.



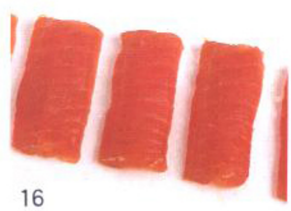
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Cut into slices about 1/8″ (.3 cm) thick at an angle against the grain (angle the knife to the left, and cut each slice off with one stroke of the knife).



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Again, cut the back portion into 1/8″ (.3 cm) thick slices at an angle against the grain (the knife tip should be angled somewhat to the right, then angled back, so the slices have a rounded edge).



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Slices with a rounded edge give a three-dimensional effect and are convenient for use in arrangements.



EXAMPLE OF A COMPLETE JAPANESE MEAL

In a formal Japanese dinner, the arrangement of the utensils and the atmosphere they create are central to the meal. The meal itself usually consists of three entrees and a soup: one main dish (for example, *sashimi*, a broiled food, a fried meat dish, batter-fried seafood, etc.), two side dishes (as a rule, these are simpler dishes that do not repeat ingredients used in the main dish), soup (consommé, thick soup, or miso soup), a dish of pickled vegetables, and a bowl of rice. Here is an example of a complete Japanese style meal as a reference:

Main Dish: Assorted Sashimi (see p. 12).
Side Dishes: Sesame Beef (recipe right); Fresh Fish Steamed with Tofu (see p. 42).
Soup: Miso Soup (see p. 18).
Pickle: Yellow Pickled Radish (*Takuan*) or Pickled Cabbage (see p. 51).
Rice: Usually white rice with some sesame seeds sprinkled over the top is served; on special occasions, Little-of-Everything Rice (see p. 88) or Red Bean Rice (see p. 85) can be substituted.

SESAME BEEF

SERVES 4

7/8 lb. (400 g) lean beef

1
- 2 T. soy sauce
- 1/4 c. rice wine
- 2 T. *mirin* (sweet rice wine)
- 1-1/2 T. white sesame seeds (toasted)

cooked broccoli, as desired
cooked carrot, as desired

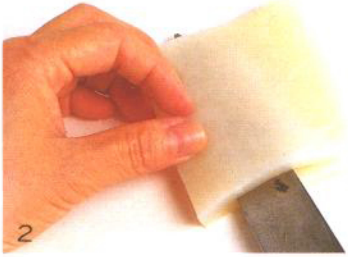
■ Cut the beef into thin slices and marinate in 1 about 30 minutes.

■ Heat a flat-bottomed frying pan, add 1 tablespoon oil, and stir-fry the beef rapidly until medium-well done. Transfer to a serving dish. Place some cooked broccoli and carrot on the side and serve.

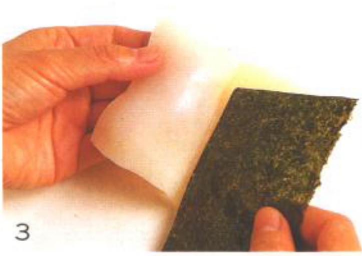




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ASSORTED SASHIMI

SERVES 4

- 6-1/2 oz. (180 g) fresh tuna fish fillet (*maguro*)
- 2/3 lb. (300 g) porgy (red sea bream; *tai*)
- 1/3 lb. (150 g) fresh cuttlefish or squid (*ika*)
- 1 sheet purple laver seaweed (*nori*)
- 1 halfbeak fish (*sayori*) (3″ or 8 cm long)
- 1 small gherkin cucumber
- 4 cockles (*torigai*)
- 2 ark shells (*akagai*)
- 1/4 c. shredded Chinese white radish (*daikon*)
- *wasabi* (Japanese horseradish) and soy sauce, as desired

■ Slice the tuna into 3/8″ (1 cm) thick strips. Cut the porgy into 1/8″ (.5 cm) thick diagonally-cut slices. Set aside.

■ Remove the head, entrails, outer skin, and membrane from the cuttlefish (illus. 1). Cut in half lengthwise. Make a horizontal slash in one of the pieces on the interior; do not cut all the way through (illus. 2). Insert a sheet of *nori* inside (illus. 3), and cut into 3/8″ (1 cm) wide strips. Cut the other half of the cuttlefish into thin slices, and roll into flowers (see page 103 of "Chinese Appetizers and Garnishes").

■ Roll the gherkin cucumber inside the halfbeak fish fillet. Cut into pieces. Score the cockles and ark shells (with a crosshatch cut), wash each separately, and set aside.

■ Soak the shredded white radish in ice water about 30 minutes. Drain well before using.

■ Neatly arrange the ingredients separately on a serving dish. Dip in a mixture of *wasabi* and soy sauce to eat.

□ Cutting *sashimi* is an art; the important things to remember are that the knife should be sharp, each cut should be made in a single stroke, and the resulting piece of fish should be as smooth as a piece of marble. *Sashimi* should be stored in the refrigerator at a temperature between 37.4° and 41°F (3° to 5°C), and is best if eaten the same day it is prepared. If there are leftovers, it is best to serve them cooked rather than raw.

□ If halfbeak fish is unavailable, substitute any other fresh salt water fish.

FRESH SHRIMP APPETIZER

SERVES 4

4 live prawns (about 4 to 4-3/4″ or 10 to 12 cm)
1 lemon
4 plum leaves (*ōba*; illus. 1)
wasabi (Japanese horseradish), as desired

1 | 3 T. rice vinegar
1-1/2 T. water
1-1/2 T. soy sauce

■ Wash the prawns. Remove the heads and blanch in boiling water. Remove as soon as they turn red in color, then soak in ice water. Cut half of the lemon into thin rounds, and quarter the other half.

■ Shell the shrimp and make 2 to 3 slashes down the back of each; do not cut all the way through (illus. 2). Fill a bowl with ice water and ice cubes, then add the shrimp. Stir the shrimp around in the ice water with a pair of chopsticks or a spoon for 1 minute (illus. 3), until the flesh of the shrimp becomes firm, and it shrinks and curls up.

■ Place some crushed ice in a serving bowl, then top with the lemon rounds. On top of this place the shrimp and the *wasabi*. Dip in 1 to eat. Place the plum leaves, the shrimp heads, and the quartered half lemon on a small dish and serve on the side.

□ The shrimp can be wrapped in the plum leaves before eating for variety.

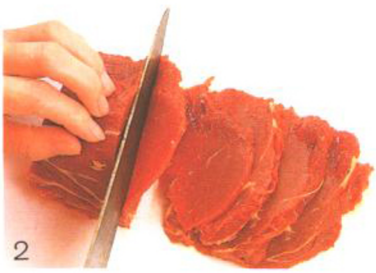
□ If plum leaves are unavailable, parsley may be used as a substitute.



本料理由七都里餐廳提供



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FRESH BEEF APPETIZER

SERVES 4

- 1 lb. (450 g) tender lean beef (or fillet)
- 1
  - 1/2 Chinese white radish (*daikon*)
  - 1/2 small red chili pepper
- 2 green onions
- 1/2 onion
- 2 cloves garlic
- 2
  - 1 T. lemon juice
  - 1 T. soy sauce
  - 1/2 c. *dashi*

■ Choose tender lean beef that is bright red and springy to the touch. Trim off the sinews and fat (illus. 1). Cut against the grain into thin slices (illus. 2), and arrange on a plate. Cover and seal with plastic wrap (illus. 3). Refrigerate 2 hours (at 37.4° to 41°F or 3° to 5 °C).

■ Grind 1 into a puree (see p. 42, Fresh Fish Steamed with Tofu), mince the green onion finely, and cut the onion into half rings. Soak the onion in ice water about 10 minutes. Drain well before using. Puree the garlic. Sprinkle all of the ingredients over the cold beef. To serve, mix 2 well and pour over the beef.

□ When choosing beef that is to be eaten raw, freshness is of the utmost importance. The beef should be refrigerated at a temperature of 37.4° to 41°F (3° to 5°C). For tastier and more tender beef, refrigerate for 6 days or more.

□ The dressing ingredients may, as an alternative, be pureed together, then mixed well with fresh raw egg yolk, soy sauce, and sesame oil.



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MISO SOUP

SERVES 4

■ Cut the porgy (or other fresh fish) bones into pieces (illus. 2). Blanch briefly in boiling water, remove, and rinse under the tap.

■ Put 3-1/2 cups water into a pot and bring to a boil. Add the shredded *daikon* and carrot and cook until soft. Next add the fish bones and bring the soup to a boil. Skim off the foam. Pass 1 through a spoon sieve. Mix thoroughly with a wooden stick or a spoon (illus. 3). Turn off the heat immediately and pour the soup into a serving bowl. Sprinkle some chopped green onion over the top and serve.

□ *Tofu* and *wakame* (lobe-leaf seaweed) may be substituted for the fish bones, and dried fish broth for the water. (Remove the heads and entrails from 2/3 lb or 300g small dried fish. Add 5 cups water and cook over low heat for 20 minutes.)

- 2/3 lb. (300g) porgy (red sea bream; *tai*)
- 1/2 c. each: shredded *daikon*, shredded carrot
- 1 — 1-2/3 oz. (80 g) *miso* (soy bean paste; illus. 1)
- 1 — 1/8 t. each: sugar, MSG (optional)
- 2 T. chopped green onion









PRAWN SOUP

SERVES 4

- 4 prawns (1/3 lb. or 150 g)
- small amount of fresh spinach, washed well and blanched in boiling water
- 4 slices fish cake (*kamaboko*)
- small amount of shredded lemon peel
- 1 | 3-1/2 c. *dashi*
- 1 | 1/8 t. each: salt, soy sauce

■ Remove the shell from the body of the shrimp (illus. 1). Slash the back vertically, but do not cut all the way through (illus. 2). Cut a notch in the center, about 3/8″ (1 cm) long. Pull the tail out from the notch and curl as illustrated (illus. 3). Blanch in boiling water for about one minute and remove.

■ Place the prawns, spinach, fish cake slices, and shredded lemon peel in a serving bowl. Bring 1 to a boil and pour into the bowl so it is about 7/10 full. Serve.

□ If spinach is unavailable, white radish sprouts (*kaiware*) may be substituted.



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SERVES 4

STUFFED TOFU POCKETS

■ Cut off one edge from each of the fried *tofu* pockets (illus. 1). Immerse in boiling water 1 minute to remove the oily odor. Cool by placing in a bowl of cold water. Remove and squeeze out the excess moisture.

■ Add 1 and 2 to a pot, cook about 3 minutes, and remove. This is the filling for the *tofu* pockets. Place the fried *tofu* pockets in the remaining liquid and cook 2 minutes. Remove and cool. Save the liquid.

■ Open the fried *tofu* pockets and stuff each with some of the filling and sauce (illus. 2). Tie the opening shut with a dried gourd shaving, securing it tightly (illus. 3).

■ Add 3, the pockets, and the mushrooms to a pot and bring to a boil. Lower the heat and cook until the liquid is reduced to one cup. Add the Chinese peapods and cook briefly.

■ Arrange the pockets, mushrooms, and peapods on a serving dish, and pour the remaining liquid over the top. Serve with shredded ginger root.

□ This dish is especially good for picnics and box lunches.

8 square fried *tofu* pockets

1 |
- 2 oz. (60 g) shredded chicken
- 1 oz. (30 g) each: julienned carrot, julienned bamboo shoots.
- 1-1/3 oz. (40 g) julienned burdock root (*gobō*)
- 2-2/3 oz. (80 g) *shirataki* (clear noodles made from devil's tongue paste), blanched in boiling water

2 |
- 3 T. sugar, 2 T. soy sauce
- 1/8 t. salt, 1/2 c. *dashi*

8 dried gourd shavings (*kampyō*), 8″ (20 cm) each (soaked until soft; see p.69 Basic Rolled Sushi)

3 |
- 3 c. *dashi*, 1/8 t. salt
- 4 T. each: sugar, soy sauce

4 dried Chinese black mushrooms (*shiitake*; soaked until soft)

8 Chinese peapods

1 T. shredded ginger root





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PUMPKIN WITH CHICKEN

SERVES 4

1 pumpkin (1 lb. 2 oz. or 500 g)
2-2/3 oz. (80 g) chicken breast fillet

1
- 2 c. *dashi*
- 2 T. sugar
- 3 T. *mirin* (sweet rice wine)
- 2 T. light-colored soy sauce

2
- 1 t. cornstarch
- 1-1/2 t. water

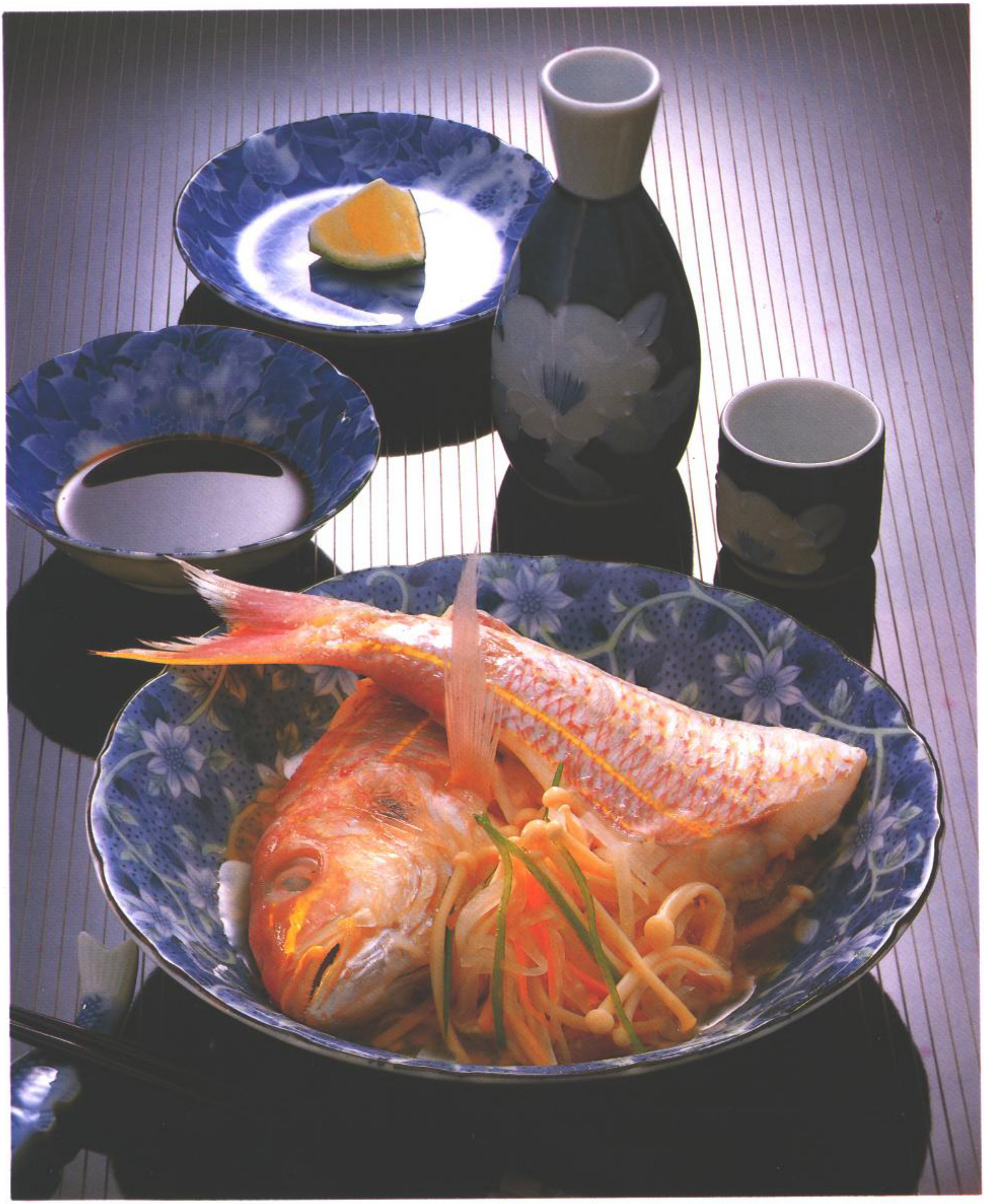
1 T. shredded ginger root

■ Cut the pumpkin (illus. 1) in half and remove the seeds (illus. 2). Remove the skin at 3/8″ (1 cm) intervals (illus. 3) and cut into chunks. Remove the skin from the chicken breast fillet and chop the meat finely.

■ Add 1 and the pumpkin chunks to a pot and cook over low heat until completely done (about 15 minutes). Remove from the broth, and arrange in neat rows on a serving dish. Save the broth.

■ Heat a frying pan, add 1 teaspoon oil, and stir-fry the chopped chicken. Add the liquid from cooking the pumpkin and bring to a boil. Thicken with 2, and pour over the pumpkin. Top with shredded ginger root, and serve.

□ Pumpkins with thick flesh are best for this recipe.




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SOY SIMMERED GOLDEN THREAD

SERVES 4

1-1/3 lb. (600 g) golden thread fish (red coat; or other white-fleshed fish)

1 — 1 c. *dashi*
2/3 c. rice wine
2 T. sugar
1/2 c. light-colored soy sauce

7 oz. (200 g) *enoki* (golden mushrooms)
6 Chinese peapods
total of 1-1/4 c.: shredded carrot, shredded Chinese white radish
1/4 lemon

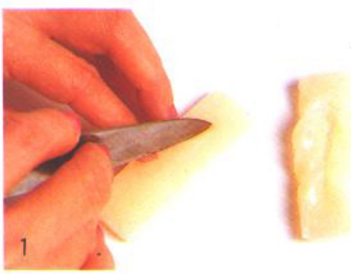
■ Cut the fish down to the bone starting from the upper back portion. Turn over the fish and repeat the same cut (illus. 1). Remove the back fins (illus. 2). Continue cutting down to the belly with the tip of the knife. Remove the entrails (illus. 3) and wash the fish. Put 1 in a pot and bring to a boil. Add the fish and cover the pot. Cook over medium heat about 8 minutes, then turn off the heat.

■ Remove the tough ends from the *enoki*. Blanch the peapods in boiling water, then place in a bowl of tap water to cool. Shred and set aside.

■ Heat 2 tablespoons oil in a frying pan and add the *enoki*, and the shredded carrot and white radish. Stir-fry until soft, then add 1/4 cup of liquid from cooking the fish. Bring to a boil, add the shredded peapods, and stir.

■ Place the fish and the stir-fried ingredients on a serving dish. Pour the liquid from cooking the fish over the top. Squeeze on a little lemon juice before eating.





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CHIKUZEN NI

SERVES 4

1/3 cake *konnyaku* (devil's tongue paste)
1/3 lb. (150 g) chicken meat (or lean pork)
2 oz. (60 g) bamboo shoots
1-1/3 oz. (40 g) carrot
2-2/3 oz. (80 g) burdock root (*gobō*)
4 dried Chinese black mushrooms (*shiitake*)
2 oz. (60 g) lotus root
1 | 3 c. water
  | 1 T. rice vinegar
1-1/2 c. *dashi*
2 | 1-1/2 T. sugar
  | 1 T. *mirin* (sweet rice wine)
2-1/2 T. soy sauce
5 string beans

■ Cut the *konnyaku* into slices, and make a slit in the center of each slice (illus. 1). Pull one end through the center (illus. 2). Blanch in boiling water and set aside.

■ Cut the chicken into chunks. Roll-cut the bamboo shoots and carrots. Shave off slices from the burdock root (illus. 3). Soak the dried mushrooms until soft, and make a large crisscross cut in the center of each. Slice the lotus root and cut along the holes to make the slices into an attractive pattern. Marinate the lotus root together with the burdock root in 1 and set aside.

■ Heat a frying pan and add 1 tablespoon oil. Stir-fry the chicken and other above ingredients briefly. Add the *dashi* and bring to a boil. Lower the heat and continue to simmer another 15 minutes or so. Add 2 and cook until the sauce is reduced. Finally, add the soy sauce and string beans, and cook until the sauce is again reduced. Serve.

□ The ingredients used in this recipe may be varied to suit individual taste, for example, Chinese cabbage, taro (dasheen), kelp (*kombu*) strips tied in knots, wood ears, peas, and so forth can be used.


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SERVES 4

BEEF WITH BURDOCK ROOT

■ Choose fresh burdock root with a firm, moist skin (illus. 1). Scrape with the dull edge of a knife to peel (illus. 2), and wash. Cut into 1-1/2″ (4 cm) sections, then shred with a knife (illus. 3) or a shredder. Soak in 1 to prevent discoloration. Drain well before use.

■ Add the sesame oil to a frying pan, then put in the shredded beef and shredded burdock root. Stir-fry over high heat until dry. Add 2 and continue stir-frying about 3 minutes until the sauce is reduced. Transfer to a serving dish. Sprinkle the toasted white sesame seeds over the top and serve.

□ Those who like spicy-hot food can stir-fry some shredded red chili pepper with the beef and burdock root.

□ This dish can also be refrigerated after cooking and eaten cold.

6 oz. (180 g) burdock root (*gobō*)

1 | 3 c. water
  | 1 T. rice vinegar

1 T. sesame oil

7 oz. (200 g) tender beef, shredded

2 | 3 T. each: water, soy sauce
  | 4 T. sugar
  | 2 T. oil.

1 T. white sesame seeds, toasted





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SIMMERED KOMBU-FISH ROLLS

SERVES 4

1 strip dried kelp seaweed (*kombu;* 2′ or 60 cm)
2-1/2 oz. (75 g) small dried fish
2/3 oz. (20 g) dried gourd shavings (*kampyō*), soaked until soft (see p. 69, Basic Rolled Sushi)

1:
- 2 c. *dashi*
- 3 T. soy sauce
- 2 T. sugar
- 3 T. rice wine

■ Have all the ingredients ready (illus. 1). Wipe the kelp clean with a damp cloth. Cut into pieces about the same length as the small dried fish. Set aside.

■ Soak the small dried fish in water for about 5 minutes. Remove the heads and entrails (illus. 2).

■ Place some of the small dried fish in the center of each piece of kelp (illus. 3), roll into a cylinder, and tie tightly with a dried gourd shaving. Place in a small saucepan. Mix 1 until blended. Cook the kelp rolls in 1 until the sauce thickens and is almost completely reduced.

□ Red chili pepper may be added when cooking for a spicy-hot flavor.









SERVES 4

WINTERMELON WITH CRABMEAT

- 1-1/3 lb. (600 g) wintermelon (wax gourd; *tōgan*)
- 3 dried Chinese black mushrooms (*shiitake*)
- 5 c. *dashi*
- 1 can crabmeat
- 1
  - 1/2 t. salt
  - 1/2 T. soy sauce
  - 1/8 t. MSG (*ajinomoto*; optional)
- 2
  - 3 T. cornstarch
  - 2-1/2 T. water
- 1-1/3 T. minced ginger root

■ Remove the seeds from the wintermelon, cut into 1-1/2" (4 cm) cubes, and peel (illus. 1). Blanch in boiling water about 1 minute, remove, and set aside. Soak the dried mushrooms until soft and cut diagonally into slices.

■ Pour the *dashi* into a pot and bring to a boil. Next add the wintermelon cubes and bring to a second boil over high heat. Turn the heat to low and simmer about 20 minutes, until the wintermelon is cooked through, i.e. soft and translucent. Transfer the wintermelon to a serving bowl.

■ Add the crabmeat and mushroom to the remaining liquid and bring to a boil. Mix in 1, and then 2 to thicken. Pour over the wintermelon, top with the minced ginger root, and serve.

□ Fresh crab may be used instead of canned in this recipe. Steam the crabs until done, and remove the meat (illus. 2, 3). Scallops, shrimp, or clams may also be substituted.









BROILED RIVER TROUT

SERVES 4

4 river trout (*ayu*) (1 lb. or 450 g)
4 metal skewers (16″ or 40 cm long)
4 T. salt
2 short metal skewers (6″ or 15 cm long)
1/2 lemon

■ Point the head of the river trout to the right and the belly towards you. Insert a skewer in each, entering at the eye (illus. 1), and making the tail portion stick up, so that the fish looks as though suspended in a swimming posture (illus. 2). Rub salt onto the fin and tail portions of the fish as a garnish. Sprinkle 1/8 teaspoon salt over the body. Skewer the fish together in pairs with the shorter skewers (illus. 3) to facilitate turning the fish over.

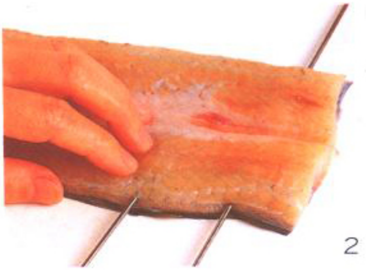
■ Preheat the oven to 350° to 400°F (177° to 204°C). Broil the fish on the upper rack of the oven about 5 minutes, until it is cooked through and the skin is golden brown. Remove the skewers and place the fish in a serving dish. Squeeze some lemon juice over the top, and eat while hot.

■ To eat, first flatten the fish by pressing down on it with a pair of chopsticks. Turn the fish so the back is facing upwards, and press down a few times. Removing the head and center bone will make the fish even easier to eat.

□ According to Japanese custom, the belly of fish must face the guest when serving this dish; placing it otherwise would be considered impolite.

□ Mackerel pike, porgy, or other fresh fish may be used in this recipe.









SERVES 4

BROILED FRESH EEL (Unagi Kabayaki)

■ Wash the eel and cut off the head and tail (illus. 1). Cut into 4 equal portions and set aside.

■ Place 1 in a bowl, then add the eel pieces to marinate. Remove after 30 minutes. Put the remaining liquid in a pot, bring to a boil, turn off the heat, and set aside.

■ Insert the skewers just between the skin and flesh of the eel, spiraling the fish around the skewer (illus. 2). Oil a baking rack, and place the skewered eel on top (illus. 3). Place on the upper shelf of the oven and broil at 450°F (232°C). Baste the eel with the leftover marinade as the eel is broiling (about 3 to 4 times). Broil about 6 minutes until both sides are golden brown. Remove the skewers, brush some honey on the eel for extra flavor, and sprinkle with toasted white sesame seeds or ground Szechuan pepper. Serve.

□ If you do not have an oven, the eel can be charcoal grilled.

□ See p. 43, Spinach with Sesame Paste, for instructions on how to toast white sesame seeds.

1 fresh eel (*unagi*; about 14" or 35 cm long, 1 lb. or 450 g net weight)

1:
- 2 T. sugar
- 6 T. soy sauce
- 4 T. *mirin* (sweet rice wine)
- dash each: ginger root juice, rice wine

8 metal or bamboo skewers
1 t. honey
1 T. white sesame seeds, toasted or 1/8 t. ground Szechuan pepper









BROILED CHICKEN KEBABS (Yakitori)

SERVES 4

14 oz. (400 g) chicken leg meat
1 small onion
or three green onions
2 green peppers, seeded

1 — 1/3 c. each: soy sauce, *mirin* (sweet rice wine)
4 T. sugar
1 T. flour

1/2 lemon

■ Cut the chicken leg meat, onion, and green peppers into 3/4″ (2 cm) cubes. On bamboo skewers, skewer the onion, green pepper, and chicken cubes (illus. 1) alternately until the skewer is full. Top with a piece of onion to secure the kebab (illus. 2). Quarter the lemon.

■ Bring 1 to a boil, then allow to cool. Marinate the kebabs in the sauce for 10 minutes. Remove.

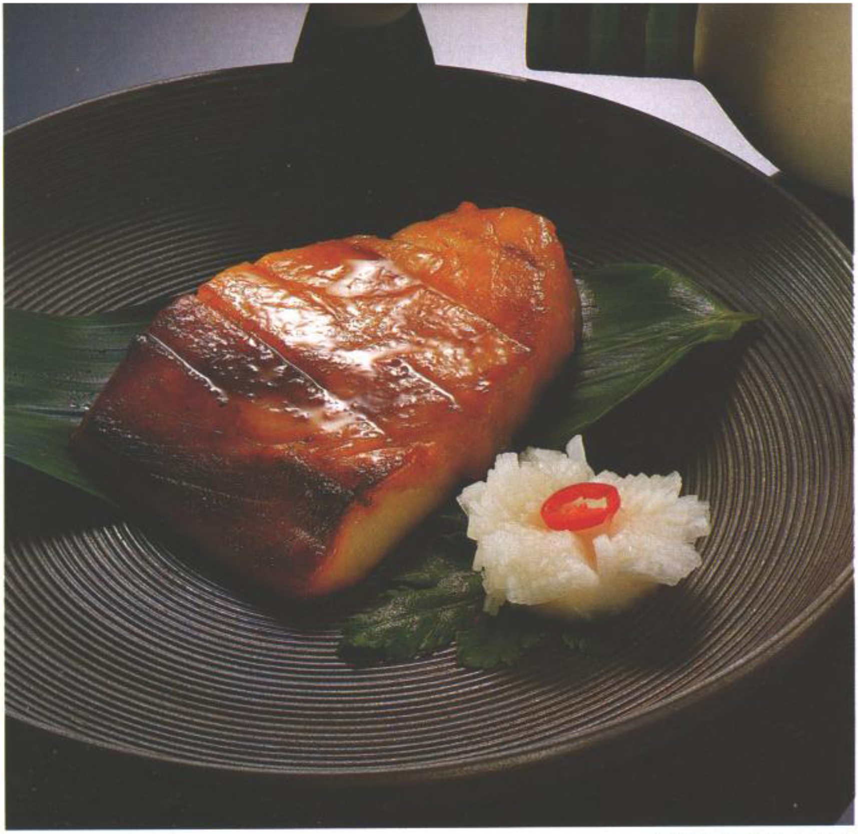
■ Heat the oven to 450°F (232°C) and broil the kebabs on the top shelf for 4 minutes. Turn over and brush on some of the leftover marinade. Broil another 4 minutes, until the meat is golden brown. Serve.

□ The kebabs can also be charcoal-grilled (illus. 3). Brush on the marinade as the kebabs are grilling. Grill until the chicken is cooked through and golden brown. Before eating, ground Szechuan pepper, ground black pepper, or seven-flavor seasoning (*shichimi-tōgarashi*) may be sprinkled over the kebabs, according to individual preference.


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SERVES 4

BROILED FISH PICKLED IN MISO (Misoyaki)

■ Wash the fish. Cure in salt for 30 minutes.

■ Wash the salt off the fish, then sprinkle 1 tablespoon rice wine over the fish, and dry. Wrap in one layer of white cheesecloth (illus. 1). Mix 1 thoroughly and allow the fish to pickle in it (illus. 2) for about one day. Open the cheesecloth and remove the fish steaks (illus. 3). Rinse clean. Broil in the oven under medium heat (350° to 400°F or 177° to 204°C) until done, about five minutes. Squeeze on some lemon juice before serving.

□ Other types of fish that do not have too many bones may be used in this recipe, such as oil fish, cod, or slate cod croaker, etc.

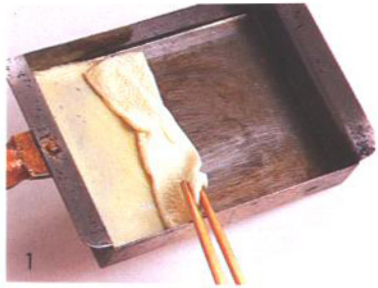
□ The fish may be pickled in the *miso* for 2 to 3 days, but no more than 3 days; otherwise the fresh flavor of the fish will be absorbed into the *miso* paste. The same is true when pickling vegetables.

2 marlin (*kajiki*) steaks (2/3 lb. or 300 g)
1/8 t. salt
1 square cheesecloth

1
- 14 oz. (400 g) white *miso*
- 3 T. *mirin* (sweet rice wine)
- 2 T. each: rice wine, sugar

1/2 lemon





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JAPANESE EGG ROLL

SERVES 4

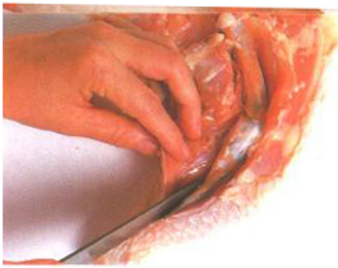
6 eggs

1
- 5 T. *dashi*
- 1/2 t. salt
- 2/3 t. light-colored soy sauce
- 2/3 t. sugar

■ Crack the 6 eggs into a bowl and beat lightly. Gently mix in 1 until well blended (do not beat until foamy).

■ Heat a flat-bottomed frying pan. Lightly oil the bottom, using a wad of cotton or cheesecloth. Pour about 3 tablespoons of the egg mixture into the pan. Fry into a thin layer of egg over low heat. Roll up the egg "pancake" with a pair of chopsticks (illus. 1). Place near the edge of the pan. Oil the bottom of the pan again, add 3 tablespoons of the egg mixture, and fry into another thin egg pancake. The second egg pancake will be attached to the first; wrap the second around the first. Again place it near the edge of the pan (illus.2). Repeat this process until the egg mixture is used up. When complete, the egg roll should stand about 1-1/2" (3cm) high. Place on a bamboo *sushi* mat (*sudare*; illus. 3), and roll tightly. Allow to cool, cut, and arrange in a serving dish. Serve.

□ Cooked shredded eel or other cooked foods may be added to the egg mixture for variety.



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STUFFED CHICKEN ROLLS

SERVES 4

■ Cut down the middle of each chicken leg, and remove the bone (illus. 1). Carefully cut the chicken with linked slices so that a large sheet of chicken of even thickness results (illus. 2). Marinate in 1/2 teaspoon salt and 1 teaspoon rice wine for 15 minutes. Quarter the gherkin cucumbers lengthwise and scrape out the seeds. Cook 1 until soft, cube, and set aside.

■ Add 1 and 2 to a pot and cook 2 minutes, so that the flavors are well absorbed. Beat the eggs lightly and add to the pot. Stir constantly until the egg becomes firm. Allow to cool. This is the filling.

■ Spread open the chicken and sprinkle on some flour. Add 1/2 of the filling and some gherkin cucumber. Roll into a cylindrical shape. Secure with a string (illus. 3). Repeat for the second piece of chicken.

■ Heat a frying pan and add 1 tablespoon oil. Fry the chicken rolls over high heat until golden brown, then transfer to a steamer. Steam 15 minutes. Remove and place in a pot. Mix 3 and add to the pot. Cook until the sauce is reduced. Allow the chicken rolls to cool, then remove the strings. Slice into rounds and arrange on a plate. Serve.

2 chicken legs (about 1-1/3 lb. or 600 g)
1 gherkin cucumber

1
- 1-1/3 oz. (40 g) each: carrot, bamboo shoots
- 1 dried Chinese black mushroom (*shiitake;* soaked until soft)

2
- 1/4 c. *dashi*
- 2 T. sugar
- 1/8 t. salt
- 1 t. light-colored soy sauce

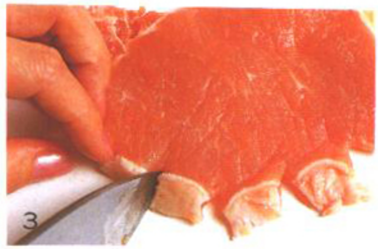
3 eggs
2 t. flour
2 lengths of string, 2′ (60 cm) each

3
- 3 T. each: soy sauce, sugar, *mirin*
- 1/2 t. flour









PORK CUTLETS WITH GINGER

SERVES 4

2/3 lb. (300 g) lean pork

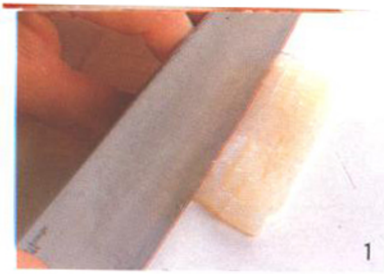
1
- 3 T. soy sauce
- 2 T. *mirin* (sweet rice wine)
- 1 T. each: sugar, rice wine
- 12 slices ginger root

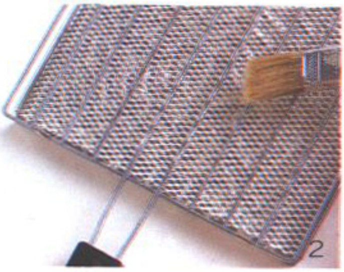
8 string beans

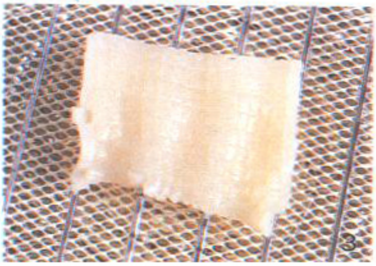
■ Slice the pork (illus. 1) and tenderize with the dull edge of a cleaver (illus. 2). Make 2 to 3 slashes into the white sinew areas (illus. 3) to prevent shrinking while frying. Blend 1 and marinate the pork in it for about 30 minutes. Blanch the string beans in boiling water and cut into pieces.

■ Heat a flat-bottomed frying pan, add 1 tablespoon oil, and place the pork in the pan. Fry on both sides until golden. Remove from pan and arrange on a serving plate.

■ Pour the remaining marinade liquid into the frying pan and cook over medium heat until it is reduced to about half of its original volume and is thick. Garnish with the ginger root slices, then pour the cooked marinade over the pork. Garnish with the string beans and serve.









BROILED SQUID

SERVES 4

■ Remove the head, entrails, and outer membrane from the squid. Score the inside with parallel or cross cuts (illus. 1). Marinate in 1 about 10 minutes.

■ Broiling method: Heat a baking rack on top of a charcoal grill, oil (illus. 2), and place the squid on the rack (illus. 3). Or, heat the oven to 450° to 550°F (232° to 260°C), place the squid in a baking dish, and broil at high heat on the top shelf. Brush on 2 frequently while it is broiling. Broil until both sides have a deep caramel color. Place on a serving plate. Squeeze some lemon juice over the top before eating.

■ Pan-frying method: Heat a flat-bottomed frying pan and add 2 tablespoons oil. Add the squid and fry until both sides are golden brown. Sprinkle on 2. Fry until the sauce is almost completely reduced. Transfer to a serving plate. Squeeze some lemon juice over the top before eating.

□ The serving plate may be garnished with pickled red ginger root (*beni-shōga*) and canned gingko nuts for added taste variety and visual appeal.

□ Black sesame seeds may be sprinkled on, or *uni* paste may be brushed on the squid while broiling.

1 squid (*ika;* about 2/3 lb. or 300 g)

1 | 1/2 t. salt
1 | 1 T. each: rice wine, *mirin*

2 | 1 T. *mirin*
2 | 1 T. sugar

4 slices lemon









CHICKEN IN FOIL

SERVES 4

- 1 lb. (450 g) chicken meat
- 1 large fresh Chinese black mushroom (*shiitake*)
- 1/2 green pepper
- 1 small onion
- 2 small red chili peppers
- 1 | 3 T. each: *mirin*, soy sauce
- 1 | 2 T. rice wine
- 4 sheets aluminum foil, 8″ (20 cm) square
- 4 sheets cellophane, 8″ (20 cm) square
- 2 t. butter (or cooking oil)
- 1/2 lemon

■ Cut the chicken into 8 pieces (about 1-1/4″ × 3/4″ or 3 × 2 cm). Cut the mushroom, green pepper, onion, and red chili peppers into julienne strips. Marinate in 1 about 10 minutes.

■ Place a sheet of cellophane on top of each sheet of aluminum foil. Grease each sheet of cellophane with the butter or oil (illus. 1). Set aside.

■ Divide the combined marinated ingredients into 4 equal portions. Place one portion on each of the buttered cellophane sheets (illus. 2). Fold in half, then wrap into a package (illus. 3).

■ Heat the oven to 450°F (232°C). Bake the chicken packets on the middle shelf for about 15 minutes. Remove and place on a serving plate. Open and squeeze some lemon juice over the top to eat.





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SERVES 4

SEAFOOD IN A TEAPOT

1-1/3 oz. (40 g) chicken meat
1-1/3 oz. (40 g) fish fillet
1/2 small lemon
white radish sprouts (*kaiware*), as desired
1-1/3 oz. (40 g) clams
4 small fresh Chinese black mushrooms (*shiitake*)

1 | 3 c. *dashi*
2/3 t. salt
dash of light-colored soy sauce

■ Wash and slice the chicken and fish. Cut the lemon into 4 slices. Cut the white radish sprouts (illus. 1) into sections. Wash the clams and mushrooms and set aside (illus. 2).

■ Marinate the chicken in 1/8 teaspoon salt. Blanch the chicken, fish, and clams separately in boiling water.

■ Bring 1 to a boil. Add the chicken, fish, clams, mushrooms, and 1 to a teapot. Cover and place in a steamer. Steam over high heat for 3 minutes, then remove. Sprinkle the white radish sprouts over the top and replace the cover immediately. Serve hot. Squeeze some lemon juice over the top, then pour out some of the liquid to taste (illus. 3) before eating.

□ Other ingredients may be used in this recipe, such as *enoki*, abalone mushrooms, pork, shrimp, fish cake, and so forth.

□ If a teapot is unavailable, a bowl or casserole dish may be substituted.









SAVORY CUP CUSTARD (Chawan Mushi)

SERVES 4

2 oz. (60 g) chicken leg meat

1 | 1/8 t. soy sauce
  | 1/8 t. sugar

4 fresh shrimp (2-1/2 oz. or 75 g)

4 small fresh Chinese black mushrooms (*shiitake*)

4 eggs

2 | 3 c. *dashi*
  | 1-1/2 t. salt
  | 1 t. each: light-colored soy sauce, *mirin*

4 slices fish cake (*kamaboko*; ripple-cut)

1 bunch spinach, blanched in boiling water and cut into sections

lemon peel, as desired

■ Cut the chicken into 8 small pieces and marinate in 1. Remove the shell from the back portion of the shrimp, but leave head and tail intact. Make a crosscut in the center of the mushrooms (illus. 1).

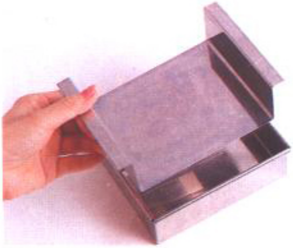
■ Beat the egg lightly and place in a bowl. Mix in 2 and strain.

■ Divide the ingredients up equally four ways. Place one of the portions in each of 4 steaming bowls (follow this order: chicken, shrimp, fish cake, mushroom). Fill each bowl 4/5 full with the egg mixture. Skim off any foam (illus. 2). Place the bowls in a steamer. After bringing the water to a full boil, steam 1 to 2 minutes over high heat. Turn the heat to low and steam for about 15 minutes. It is important to control the heat source carefully when steaming egg. Remove from steamer, place some spinach and lemon peel on top of each, and cover each bowl. Serve.

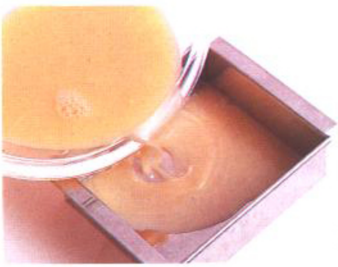
□ An electric rice cooker can also be used to make this dish. Add 2 cups water to the outer pot and steam about 10 minutes after the water has begun to boil. Test for doneness by inserting a toothpick or bamboo skewer. If no egg flows out as liquid, it is done. You must either cover the bowls with plastic wrap (illus. 3), or place a white towel or cloth inside the rice cooker cover to prevent the condensed steam from dripping into the egg.



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SERVES 4

MOCK TOFU

■ Beat the eggs lightly. Mix 1 thoroughly and add to the egg, blending well. Strain (illus. 1).

■ Pour the egg mixture into a small baking pan (illus. 2, 3) or into an Oriental style metal lunchbox (*bentō*). Skim off any surface foam. Place in a steamer and steam over high heat 1 to 2 minutes. Turn the heat to low and steam for another 15 minutes.

■ Remove the mock *tofu* and allow to cool. Cut into 4 squares and place on a serving dish. Bring 2 to a boil, then pour over the mock *tofu*. Serve.

□ An electric rice cooker may also be used to make this dish. See p. 39, Savory Cup Custard, for instructions.

4 eggs

1
- 1-1/2 c. *dashi*
- 3/4 t. light-colored soy sauce
- 3/4 t. each: salt, *mirin*

2
- 3/4 c. *dashi*
- 1-2/3 T. *mirin*
- 1-2/3 T. light-colored soy sauce




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STEAMED LOTUS ROOT PASTE

SERVES 4

2 links fresh lotus root (*renkon*), about 2/3 lb. (300 g)

1 | 1 T. rice vinegar
  | 3 c. water

2 | 1/2 c. *dashi*
  | 1 t. light-colored soy sauce
  | 1/2 t. salt
  | 1 t. *mirin* (sweet rice wine)

2 oz. (60 g) chicken leg meat

3 | 1/8 t. soy sauce
  | 1/8 t. sugar

4 shelled shrimp (2-1/2 oz. or 75 g) or 8 gingko nuts
4 small fresh Chinese black mushrooms (*shiitake*)
4 slices fish cake (*kamaboko*)
lemon peel, as desired

■ Peel the lotus root (illus. 1) and soak in 1 about 15 minutes (to prevent discoloration and to remove any raw taste). Grind into a paste (illus. 2) and place in a bowl. Mix in 2 until well blended (illus. 3). Set aside.

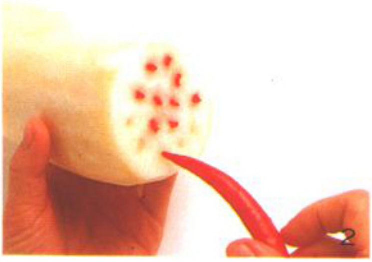
■ Cut the chicken into 8 small pieces. Mix in 3 and allow to marinate 10 minutes.

■ Place the chicken, shrimp, mushrooms and fish cake in a steaming bowl, then pour enough of the lotus root paste over the top to fill the bowl about 7/10 full. Place in a steamer and steam 30 minutes over low heat. Remove from steamer and sprinkle a little lemon peel over the top. Serve hot.

□ The portion of the lotus root closest to the top is tougher but tastier. If covered with mud, lotus root can be kept about one week. Once lotus root is washed it is best to use it the same day for maximum freshness.

□ Gingko nuts can be substituted for the shrimp. If using dried gingko nuts, add water and steam 30 minutes before use. Canned gingko nuts may be used as is.









SERVES 4

FRESH FISH STEAMED WITH TOFU

■ Cut the porgy fillets into 4 large pieces. Sprinkle on 1/4 teaspoon salt and set aside.

■ Cut each cake of *tofu* into 4 equal pieces. Score the mushrooms with three intersecting cuts to form a star in the center. Wipe the kelp clean with a damp cloth. Wash the spinach and carrot, blanch each separately in boiling water, and cut into sections.

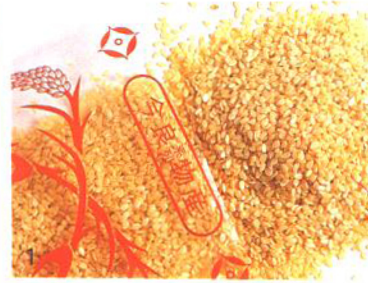
■ Insert a chopstick several times into the white radish to make a number of "wells" (illus. 1). Stuff the red chili pepper strips inside (illus.2). Grind into a puree (illus.3). Add the chopped green onion. Mix in 1 thoroughly. This is the vinegar dip.

■ Spread open the kelp in a bowl. Place the fish, *tofu*, mushrooms, spinach, and carrot on top. Sprinkle on 2 tablespoons rice wine. Steam over high heat about 7 to 8 minutes. Remove. Top with shredded young ginger root. Serve hot, with the vinegar dip on the side.

□ Other fish (that does not have too many bones) may be used in this recipe, such as cod, slate cod croaker, Spanish mackerel (*sawara*), or grouper; or shrimp, clams, other shellfish, and so forth.

7 oz. (200 g) porgy fillet (red sea bream; skin on)
2 cakes soft *tofu*
4 dried Chinese black mushrooms (soaked until soft)
4 pieces dried kelp seaweed (*kombu*), 2 to 2-1/2" (5 to 6 cm) square
1 bunch spinach
4 slices carrot
2-1/2 oz. (75 g) Chinese white radish (*daikon*)
1 small red chili pepper (seeded and julienned)
4 T. chopped green onion (green portion only)
1 | 4 T. soy sauce
  | 1-2/3 T. each: rice vinegar, lemon juice
shredded young ginger root, as desired





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SPINACH WITH SESAME PASTE

SERVES 4

2 T. white sesame seeds

1 —
- 2 t. sugar
- 2 T. soy sauce
- 2 t. *dashi*

1 lb. (450 g) fresh spinach

bonito shavings, as desired

■ Wash and drain the white sesame seeds (illus. 1). Toast by heating in a dry frying pan over low heat (use no oil; illus. 2). Grind into a powder (illus. 3) and mix together well with 1. This is the sesame paste.

■ Wash the spinach thoroughly and blanch in boiling water about 1 minute. Rinse in tap water to cool. Squeeze out the excess moisture. Cut into 2″ (5 cm) sections. Place in a serving dish. Toss with the sesame paste and top with bonito shavings to serve.

□ Other vegetables, such as string beans, garland chrysanthemum (*shungiku*), Chinese cabbage, and so forth, may be substituted for the spinach.

□ The white sesame seeds may, as an alternative, be toasted and sprinkled directly on the spinach instead of first ground into a powder.



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SERVES 4

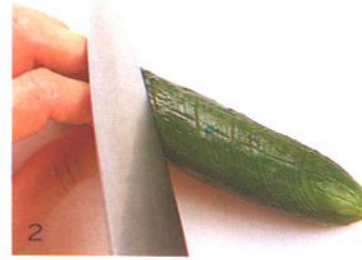
OKRA WITH EGG DRESSING

8 shrimp (2/3 lb. or 300 g)
4 okra (ladies' fingers, gumbo)
1 egg
1 | 1 t. rice vinegar
1/8 t. *mirin*
1/8 t. sugar

■ Boil the shrimp until just cooked, shell, and set aside.
■ Small, thin okra is more tender and tastier (illus. 1). Rub gently with 1/8 teaspoon salt (illus. 2). Rinse clean. Blanch in boiling water, cool in tap water, and cut into thin slices.
■ Separate the egg. Transfer the yolk to a large serving spoon, then place the spoon on the surface of boiling water. Stir the yolk carefully with a pair of chopsticks until of a thick consistency, about one minute (it will be about 3/10 cooked). Be extremely careful not to burn yourself on the steam! Place the egg in a bowl and mix in 1, blending thoroughly. This is the egg dressing.
■ Arrange the shrimp and okra on a serving plate. Pour on a small amount of egg dressing and serve.
□ Bonito shavings (illus. 3) may be sprinkled over the top just before eating for extra flavor.
□ If okra is unavailable, gherkin cucumbers may be substituted.









OCTOPUS SALAD

SERVES 4

7 oz. (200 g) fresh octopus (*tako*)
2 gherkin cucumbers
2-1/2 oz. (75 g) *wakame* (lobe-leaf seaweed)
1-1/3 oz. (40 g) lotus root (*renkon*)
2 T. rice wine
1/4 c. each: rice wine, water
1 T. light-colored soy sauce
1 3 T. sugar
1/2 t. salt
1/3 oz. (10 g) bonito shavings (*katsuobushi*)
ginger root puree, as desired

■ Wash the octopus (illus. 1). Cook in boiling water about 5 to 6 minutes. Remove, allow to cool, and cut into 1/4″ (.3 cm) diagonal slices.

■ Wash the gherkin cucumbers. Blanch in boiling water 3 seconds, then immerse in cold water (this gives the cucumbers a brilliant green color). Drain. Make diagonal (at a 45° angle) crosscuts in the gherkin cucumbers, cutting about halfway through (illus. 2). Turn over the cucumber and cut again in the same way. The cucumber must remain connected (illus. 3). Cut into approximately 2-1/2″ (4 cm) pieces.

■ Rinse the *wakame* to remove the salt it contains, then squeeze out the excess moisture. Cut the lotus root into thick strips, following the grain. Blanch the *wakame* and the lotus root separately in boiling water. Marinate in the vinegar, together with the gherkin cucumbers.

■ Bring 1 to a boil and strain. This is the vinegar dressing.

■ Arrange the octopus, cucumber, *wakame*, lotus root, and ginger root puree neatly on a serving plate. Pour the vinegar dressing over the top and serve.

□ Squid or shrimp may be substituted for the octopus in this recipe.









SHRIMP-CUCUMBER ROLLS

SERVES 4

■ Place the cucumbers on a cutting board. Sprinkle 1/8 teaspoon salt over them and gently rub it in to make the cucumbers soft and pliable (illus. 1). Rinse clean. Cut into 1/16″ (.1 cm) thin rounds. Cure in another 1/8 teaspoon salt for 5 minutes. Squeeze out the excess moisture and marinate in 1.

■ Impale one shrimp on each bamboo skewer (illus. 2). Blanch about 1-1/2 minutes in boiling water. Place the shrimp in a bowl of cold water to cool. Pull out the skewers. Remove the heads, shell, and set aside.

■ Place the sheet of plastic wrap on the bamboo mat. Gently squeeze the cucumbers dry and neatly arrange them in a flat, even layer on the plastic wrap, about 1-1/2″ (4 cm) wide (illus. 3); avoid stacking the cucumbers on top of each other. Place the shrimp in the center. Gently roll into a tight cylinder. Place in the refrigerator.

■ Before serving, use a sharp knife to slice the roll into 12 small pieces, cutting with one single downward stroke. Gently remove the plastic wrap. Arrange neatly on a serving dish. Sprinkle 2 over the top and serve.

2 (straight) gherkin cucumbers

1 | 1 T. sugar
  | 1/2 T. rice vinegar

4 shrimp (1/3 lb. or 150 g)
bamboo skewers
bamboo *sushi* mat (*sudare*)
1 sheet plastic wrap (6″ or 15 cm square)

2 | 2 T. sugar
  | 2 T. rice vinegar



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SERVES 4

ASPARAGUS WITH COD ROE

■ Use only the most tender portion of the asparagus. Blanch in boiling water for 1 minute and remove. Cool in a bowl of tap water. Cut into 1-1/2″ (4 cm) pieces and place in a serving dish.

■ Make a slash on the surface of the cod roe pouch (illus. 2). Turn over and scrape off the cod roe (illus. 3). Mix in 1/2 teaspoon rice wine. Sprinkle over the top of the asparagus and serve.

□ Fresh cod roe can be kept in the refrigerator and eaten raw. Seasoned (e.g. piquant, salty) cod roe is called *tarako*.

□ This dish can be served as an appetizer at a banquet, and is also good as an accompaniment to wine.

12 stalks green asparagus
1 pouch cod roe (*tarako;* illus. 1)





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SHIRATAKI WITH UNI PASTE

SERVES 4

1/2 lb. (225 g) *shirataki*

1
- 1/8 t. salt
- 1/8 t. each: rice wine, MSG (optional)

2
- 1-1/2 T. *uni* paste (sea urchin, sea chestnut paste; illus. 1)
- 1/3 T. rice vinegar
- 2/3 T. soy sauce
- 1/8 t. rice wine, MSG (optional)

3
- mustard (illus. 2), as desired
- white radish sprouts (*kaiware*), as desired

■ Blanch the *shirataki* (illus. 3) briefly in boiling water and remove. Place in a frying pan with 1 (use no oil) and stir-fry until dry.

■ Stir 2 until combined. Add the stir-fried *shirataki* and stir until well mixed. Place in a serving dish. Top with 3 and serve.



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SERVES 4

ASPARAGUS WITH COD ROE

■ Use only the most tender portion of the asparagus. Blanch in boiling water for 1 minute and remove. Cool in a bowl of tap water. Cut into 1-1/2″ (4 cm) pieces and place in a serving dish.

■ Make a slash on the surface of the cod roe pouch (illus. 2). Turn over and scrape off the cod roe (illus. 3). Mix in 1/2 teaspoon rice wine. Sprinkle over the top of the asparagus and serve.

□ Fresh cod roe can be kept in the refrigerator and eaten raw. Seasoned (e.g. piquant, salty) cod roe is called *tarako*.

□ This dish can be served as an appetizer at a banquet, and is also good as an accompaniment to wine.

12 stalks green asparagus
1 pouch cod roe (*tarako;* illus. 1)









SALMON ROE WITH DAIKON PUREE

SERVES 4

1-1/3 lb. (600 g) Chinese white radish (*daikon*)
4 T. salmon roe (illus. 1)

■ Grind the white radish into a puree (illus. 2). Gently squeeze out the excess moisture (illus. 3) and place in a serving dish.

■ Sprinkle the salmon roe over the top of the white radish puree and serve. Small dishes of soy sauce may be served on the side as a dip, if desired.

□ Both salted and unsalted salmon roe are available commercially; choose the kind you prefer.









MISO PICKLES

■ Place the white *miso* in a clean, dry bowl. Mix 1 (illus. 1) into the *miso* until well blended.

■ Rub 1 teaspoon salt on the cucumbers and allow to set for 2 minutes. Rinse clean. Move to a cool place to air dry. Add to the *miso* paste and mix well (illus. 2). Transfer the cucumbers with *miso* to a container that can be tightly sealed (illus. 3). Allow to cure 2 to 3 days. Rinse and cut into slices before serving.

□ Tender eggplant, head cabbage, carrots, Chinese white radish, etc., can be pickled with this same method.

□ Do not allow to cure more than 3 days, or the liquid (and flavor) contained in the vegetables will escape into the *miso* paste.

- 1-1/3 lb. (600 g) gherkin cucumbers
- 14 oz. (400 g) white *miso* (soy bean paste)
- 1:
  - 5 T. *mirin* (sweet rice wine)
  - 2 T. sugar
  - 1/2 T. soy sauce









PICKLED CABBAGE

- 2-1/4 lb. (1000 g) Chinese cabbage (net weight)
- 2 T. salt
- 1 2″ (5 cm) piece dried kelp (*kombu*)
- 1 small red chili pepper, sliced

■ Quarter the Chinese cabbage and air-dry (illus. 1). Sprinkle on the salt (put extra salt on the portion near the root). With a scissors, cut the kelp into 1/10″ (.2 cm) wide strips. Set aside.

■ Place two quarters of the cabbage in a dry bowl, sprinkle on some red chili pepper and kelp (illus. 2), then add another two quarters of cabbage. Place the large end of one cabbage quarter together with the small end of the other (illus. 3). Follow this procedure until all of the ingredients are used up. Cover with a wooden lid slightly smaller than the mouth of the container. Place a rock or other heavy object on top as a weight and leave undisturbed 2 to 3 days.

■ After 3 days, the cabbage must be taken out and rinsed clean (otherwise it will go sour). Rinse again in cold water, squeeze out the excess water, and store in the refrigerator in a clean container with a sealable cover; or cover with plastic wrap. Serve any amount anytime.

□ A glass or ceramic bowl or a wooden container may also be used to make pickles.


HITACHI



SERVES 4

BEEF SUKIYAKI

14 oz. (400 g) beef, thinly sliced
2 large Chinese green onions
1 onion
1 large cake *tofu*
garland chrysanthemum (*shungiku*) or spinach, as desired
2-1/2 oz. (75 g) *enoki*
3-1/2 oz. (100 g) Chinese cabbage
2-2/3 oz. (80 g) *shirataki* (or *udon* noodles)
3/4 c. burdock root (*gobō*), julienned
2-1/2 oz. (75 g) butter
Kantō style sauce:
1 | 1/2 c. each: *mirin*, soy sauce, *dashi*
  | 2-4 T. sugar
4 eggs
1 c. *dashi*

■ Cut the large Chinese green onions into diagonal slices, the onion into 1/4" (.5 cm) slices, and the *tofu* into large cubes. Cut off the tough and wilted portions from the garland chrysanthemum, and the tough ends from the *enoki*. Cut the Chinese cabbage into large chunks. Wash each of the ingredients separately. Blanch the *shirataki* in boiling water. Set aside.

■ Arrange the sliced beef and all of the other ingredients neatly on serving plates.

■ Heat a *sukiyaki* pot and melt the butter in it. Move the butter around with a pair of chopsticks to distribute the butter evenly over the surface. Sauté the large Chinese green onion in the butter. Add the beef slices and stir-fry briefly. Add some of the vegetables. Bring 1 to a boil and pour over the beef and vegetables. Continue to cook at the table. Break an egg into each of 4 rice bowls and beat lightly. Dip the *sukiyaki* ingredients in the egg before eating.

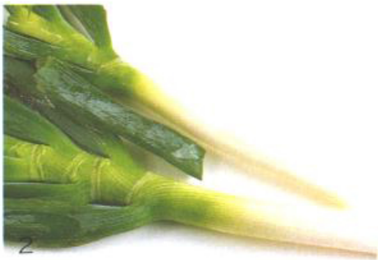
■ Finally, add the *dashi*, then the *shirataki, tofu*, greens, etc. Bring to a boil and eat. This is an excellent winter dish.

□ 1 is Kantō (Tokyo area) style sauce, with more liquid. There is also Kansai (Osaka area) style sauce, which has less liquid; it consists simply of 1/2 cup soy sauce and sugar to taste. Use the sauce you prefer.





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BEEF AND VEGETABLE CHAFING DISH (Shabu Shabu)

SERVES 4

14 oz. (400 g) tender beef (or pork), thinly sliced
2-1/2 oz. (75 g) *enoki*
4 fresh Chinese black mushrooms (*shiitake*)
2/3 lb. (300 g) Chinese cabbage
7 oz. (200 g) fresh cauliflower
1 large cake *tofu*
7 oz. (200 g) *udon* noodles (or fine *shirataki*)
garland chrysanthemum (*shungiku*), as desired

1
- 4 c. water
- 1 4″ (10 cm) piece dried kelp (*kombu*)

2
- 3/4 c. each: *dashi*, soy sauce
- 2 T. sugar
- 4 T. *mirin*
- 1/8 t. MSG (*ajinomoto*; optional)

3
- 1 c. sesame seed powder
- 1/8 t. white *miso*
- 3/4 c. soy sauce
- 2 t. *mirin*

4
- Chinese white radish (*daikon*) puree, as desired
- minced fresh red chili pepper, as desired
- 1/8 t. lemon juice

■ Cut off the tough ends from the *enoki* and wash. Slice the mushrooms diagonally. Cut the cabbage into chunks and the cauliflower into flowerets (illus. 1). Blanch the cauliflower briefly in boiling water. Cut the *tofu* into 3/4″ (2 cm) cubes. Immerse the *udon* noodles in boiling water briefly, remove, and set aside.

■ Arrange all the above ingredients, including the sliced beef, neatly on serving plates. Mix 2 and 3 separately until blended. Place 4 in a small serving dish.

■ Put 1 in a pot over a table burner, and allow to soak 30 minutes. Bring to a boil, then remove the kelp. Immerse the meat in the kelp stock and swish around a few times. Remove when the color changes. Cook the other ingredients in the stock as you eat. Dip in the sauce you prefer (2 or 3, with 4 and lemon juice stirred in) before eating.

□ See page 43, Spinach with Sesame Paste, for instructions on how to make the sesame seed powder in 3. If you do not care for *miso*, mustard may be used as a substitute.

□ Large Chinese green onion (illus. 2) may be added to the chafing dish for extra flavor.

□ Substitute freshly-squeezed kumquat (illus. 3) juice for the lemon juice for a taste variation.

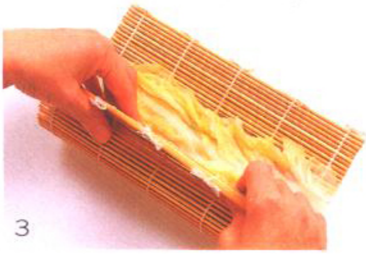




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SEAFOOD AND VEGETABLE CHAFING DISH

SERVES 4

- 1 fresh fish (1 lb. or 450 g)
- 1 cuttlefish or squid (2/3 lb. or 300 g)
- 4 shrimp (1/2 lb. or 225 g)
- 1/2 lb. (225 g) chicken meat
- 1 large cake *tofu*
- 1-1/3 lb. (600 g) Chinese cabbage
- 1/4 large carrot
- 1 bunch spinach

1
- 5 c. *dashi*
- 3 T. *mirin*
- 6 T. light-colored soy sauce

2
- 3 T. lemon juice
- 4 T. soy sauce
- 1-3/4 c. *dashi*

■ Remove the head and bones from the fish (see p. 8). Cut the fish meat into small pieces. Score the cuttlefish with a crosscut (illus. 1). Remove the shell from the body portion of the shrimp. Cut the chicken into pieces, and the *tofu* into 3/4″ (2 cm) cubes.

■ Pull the leaves off the Chinese cabbage, one by one. Cut the carrot into matchstick-sized strips. Leave the bunch of spinach whole; do not cut. Wash each ingredient thoroughly, then blanch separately in boiling water until soft. Place some cabbage leaves, carrot, and spinach on a bamboo *sushi* mat, and roll tightly into a cylinder shape (illus. 2, 3). Cut into 1-1/4″ (3 cm) pieces.

■ Add 1 to a clay pot and bring to a boil. Place the fish head, chicken meat, and the rest of the ingredients into the pot. Cook at the table while eating. Dip in 2 before eating.

□ Large Chinese green onion, dried Chinese black mushrooms, garland chrysanthemum (*shungiku*), and so forth, may also be used in this recipe.





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TOKYO STYLE STEW (Oden)

SERVES 4

2 fried fish sausages (*chikuwa;* illus. 1)
1 cake *konnyaku*
2/3 lb. (300 g) Chinese white radish (*daikon*)
12 each: fish balls, quail eggs
8 rolls kelp (*kombu*)
4 cakes deep-fried *tofu*
8 slices burdock root (*gobō*) *tempura* (illus. 2)

1 | 5 c. *dashi*
1/2 c. *mirin*
1-1/2 T. soy sauce

2 | 2 T. each: white *miso*, sugar
4 T. each: ketchup, cold water
1 t. chili paste

mustard, as desired

■ Cut the fried fish sausages into chunks or diagonal slices. Cut the *konnyaku* into small pieces. Roll-cut the white radish into chunks. Skewer the fish balls and quail eggs, four per bamboo skewer (illus. 3).

■ Blanch the kelp rolls in boiling water for about 2 minutes to remove the seawater odor. Cook the white radish in a fresh pot of boiling water until done, about 5 minutes. Remove.

■ Bring 1 to a boil in a clay pot. Add the other ingredients to the boiling liquid, then lower the heat and simmer about 40 minutes, until the flavors are well absorbed. Dip in 2 or mustard before eating.

□ The success of this dish depends on the quality and freshness of the ingredients used. Choose the very best ingredients when shopping for this dish. Stuffed *tofu* pockets, octopus, and so forth, may be substituted for some of the ingredients in this dish.





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VEGETABLE TEMPURA

SERVES 4

1 link lotus root (*renkon*)
8 slices pumpkin (or sweet potato)
8 string beans
4 dried Chinese black mushrooms (*shiitake*; soaked until soft)
8 cobs baby corn (or 8 slices okra)
8 stalks asparagus
1 eggplant (preferably long thin Oriental)
1-1/3 oz. (40 g) shredded burdock root (*gobō*)

1 | 1 large egg
3/4 c. ice water
1 c. low-gluten flour

flour, as needed

2 | 1/4 c. each: *mirin*, soy sauce
1 c. *dashi*
1/6 oz. (5 g) bonito shavings (*katsuobushi*)

3 | 1 c. Chinese white radish (*daikon*) puree
1 T. ginger root puree

■ Cut the lotus root into 1/4″ (.5 cm) slices, then carve the edges to form a decorative pattern (illus. 1). Cut the remaining vegetable ingredients into decorative patterns as well (illus. 2, 3). Mix 1 to make the batter (see p. 60, Seafood Tempura).

■ Heat 2 cups unused oil to somewhat under smoking. Dip the vegetables first in the dry flour, then in the egg batter, and deep-fry one at a time until crisp, about 3 minutes. Remove from the oil and arrange in a serving dish. Serve hot. Dip in 2 and 3 before eating (the same as with seafood *tempura*).

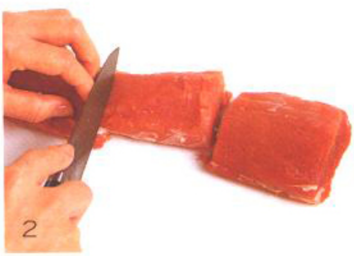
□ The temperature of the oil is extremely important when frying *tempura*. After heating the oil, drip a little batter in it to test the temperature; if the batter floats up quickly to the surface, the oil is about right for frying seafood *tempura*. If the batter drops do not rise as quickly to the surface, the oil is probably about the right temperature for frying vegetable *tempura*.

□ The temperature of the oil must be kept constant. After deep-frying the *tempura*, return to the oil to fry another 30 seconds for a crispier batter coating.





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FRIED PORK CUTLET

SERVES 4

- 1 lb. (450 g) pork cutlet
- 1 | 1/8 t. salt
-   | 1/8 t. pepper
- 1/4 c. low-gluten flour
- 1 egg (lightly beaten)
- 1 c. fine bread crumbs
- 2 c. shredded cabbage
- 1 tomato
- 1 gherkin cucumber (cut into thin diagonal slices)

■ Cut off the sinews from the edges of the pork cutlet (illus. 1). Cut into 4 equal pieces (illus. 2). Sprinkle on 1. Gently dip first in the flour, then in the egg mixture, then in the fine bread crumbs.

■ Heat 2 cups oil to medium hot in a frying pan or wok. Fry the cutlets about 5 minutes (be sure to remove particles from the oil when frying to keep it clean). The surface of the cutlet should be crisp and golden brown, and the meat should be cooked through. Remove from the oil, cut into pieces, and arrange in a serving dish. Garnish with the shredded cabbage, tomato, and gherkin cucumber slices. Dip in ketchup or pepper-salt before eating; or a little lemon juice may be squeezed over the top.

□ Spray the fine bread crumbs lightly with water before use (illus. 3) to prevent the fried batter coating from becoming too hard.



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SERVES 4

MACKEREL BARBARIAN STYLE

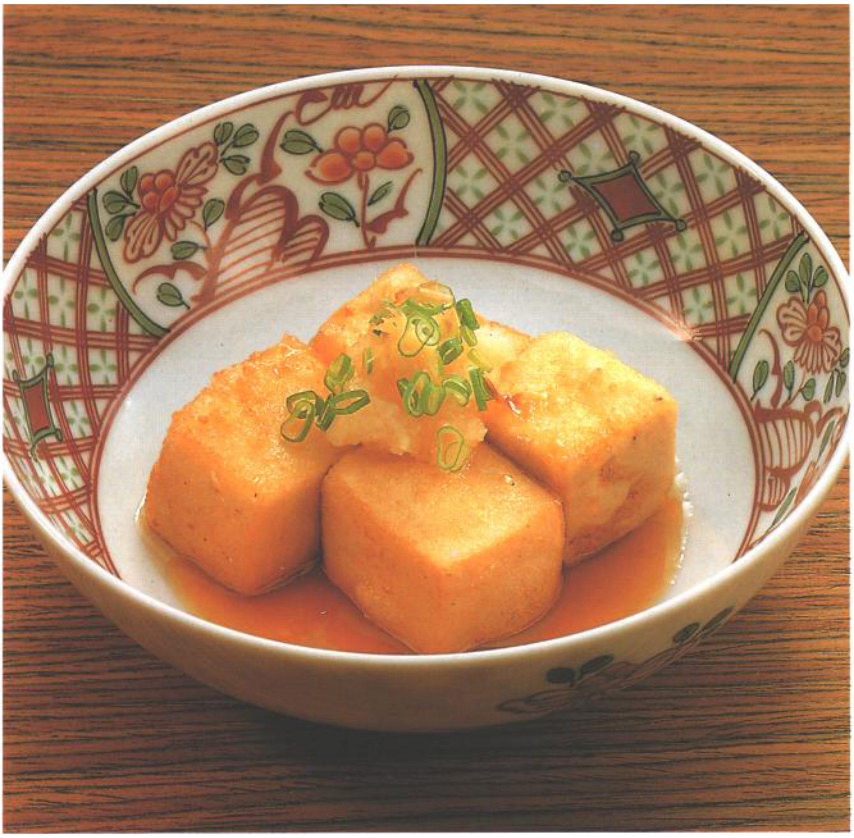
■ Wash the mackerel (illus. 1) and dry with paper towels (illus. 2). Dredge in flour (illus. 3) and set aside.

■ Heat the 4 cups oil in a frying pan or wok. Deep-fry the fish in the oil over high heat for one minute. Turn the heat to medium and continue to fry until crisp (about 8 minutes). Remove from the oil and place on a serving plate.

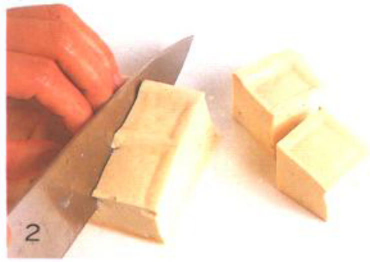
■ Stir-fry the onion until soft. Add 1 and bring to a boil. Add the green pepper and red chili pepper, mixing well. Pour over the fish. Squeeze a little lemon juice over the top before eating.

□ Other fresh fish of a similar size may be cooked in this way.

4 mackerel (total 1 lb. or 450 g)
2 T. low-gluten flour
4 c. oil for frying
1/2 onion, cut in half-rings
1 | 1/2 c. rice vinegar
1 | 1 T. each: sugar, soy sauce
1 | 2 T. *dashi*
1 green pepper, cut in julienne strips
1/2 small red chili pepper, cut in julienne strips
1/2 lemon









DEEP-FRIED TOFU

SERVES 4

2 large cakes soft *tofu*
1/2 c. low-gluten flour
1/2 c. Chinese white radish (*daikon*) puree
1 T. ginger root puree
2 T. chopped green onion

1
- 1/4 c. *mirin* (sweet rice wine)
- 1/4 c. soy sauce
- 1 c. *dashi*

■ Trim off the hard edges from the *tofu* (illus. 1) and cut each cake into 4 pieces (illus. 2). Dredge each piece in flour (illus. 3)

■ Heat a frying pan or wok and add 3 cups oil. Heat until somewhat under smoking. Fry the *tofu* over high heat about 1 minute, until it is golden brown on the outside but still tender inside. Remove from oil.

■ Place the white radish puree, ginger root puree, and chopped green onion on top of the fried *tofu*. Bring 1 to a boil, pour over the top, and serve.



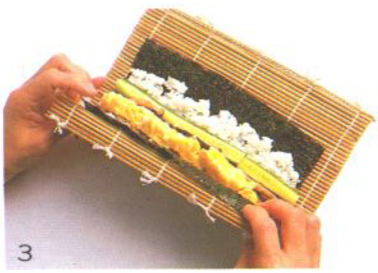
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BASIC ROLLED SUSHI (Norimaki)

SERVES 4

4 dried Chinese black mushrooms (*shiitake*)
1 | 1 c. soak water from dried mushrooms
2 T. sugar
1-1/2 T. soy sauce
2/3 oz. (20 g) dried gourd shavings (*kampyō*)
dash of salt
2 | 1 c. *dashi*
2 T. soy sauce
3 T. sugar
4 eggs
3 | 1/2 t. each: salt, sugar
1/3 t. soy sauce
2 gherkin cucumbers (or some spinach)
1 bamboo *sushi* mat (*sudare*)
5 sheets purple laver (*nori;* toasted)
4 | 1 c. water
2 T. rice vinegar
4-1/2 c. *sushi* rice

■ Soak the dried mushrooms until soft. Add 1 and cook until the sauce is almost completely reduced. Allow to cool, then cut the mushrooms into strips.

■ Soak the dried gourd shavings in water for about 10 minutes. Remove and rub with salt (illus. 1). Cook in 2 until the sauce is almost completely reduced. Cool and cut into pieces about the same length as the purple laver. Set aside.

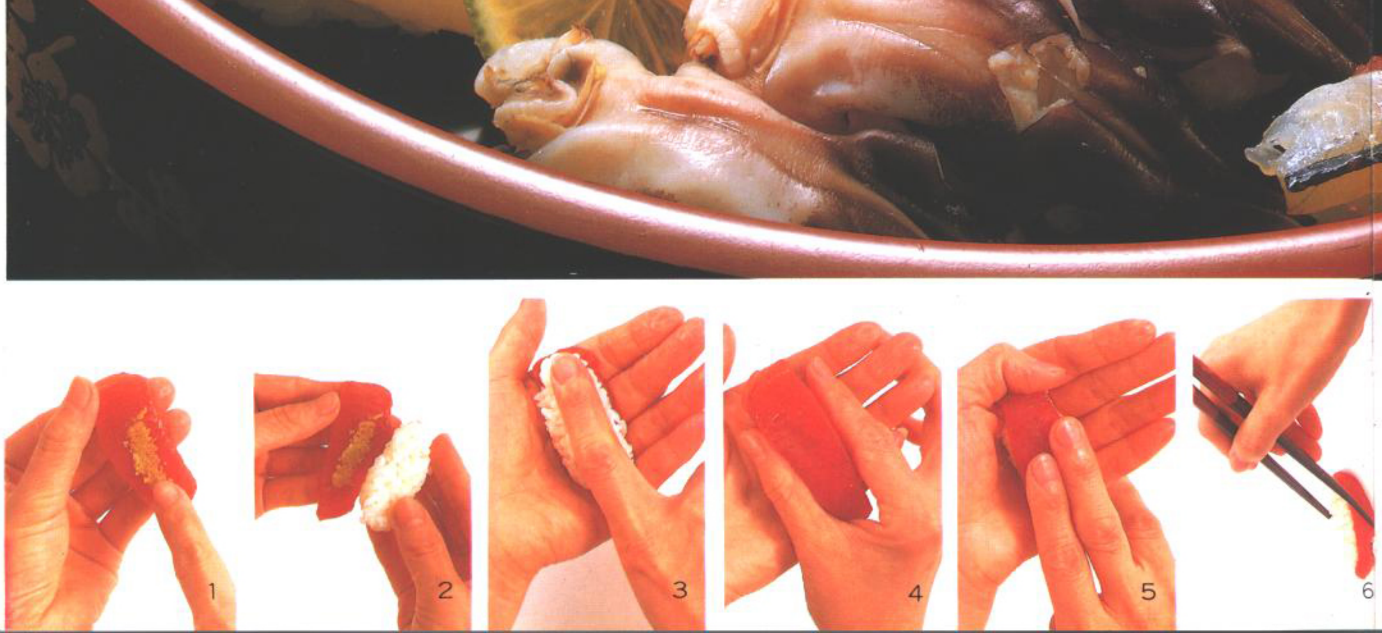
■ Beat the eggs lightly and mix in 3. Fry into 1-1/4″ (3 cm) thick slices (see p. 33, Japanese Egg Roll). Cut into strips. Quarter the gherkin cucumber lengthwise and scoop out the seeds. Set aside.

■ Wash the bamboo mat and air-dry. Place a sheet of purple laver on the mat. Wet both hands with 4. Pick up 1 cup of *sushi* rice and place in the center of the purple laver, then spread it evenly over the seaweed. Leave 3/8″ (1 cm) of the seaweed free at the front, and 3/4″ (2 cm) at the back. Arrange the above ingredients neatly across the center of the rice (illus. 2). Pick up the front of the seaweed (illus. 3) to roll the *sushi* into a cylindrical shape. Roll and press together tightly with the bamboo mat. Press even the two ends of the *sushi*, then remove the bamboo mat. Cut the *sushi* in half, then into a total of eight small pieces (wipe the knife with a wet cloth to prevent sticking). Serve.

□ When making small amounts of *sushi* at home, the dried gourd shavings and dried mushrooms can be cooked together in 1 and 2 until the sauce is reduced. This method saves time and bother.

□ Egg fried into a thin "pancake" may be substituted for the purple laver. Place some lettuce on top of the rice. Shrimp, asparagus, broiled eel, and so forth can be included in the filling to make all sorts of *sushi* variations.




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ASSORTED PRESSED SUSHI WITH SASHIMI

24 PIECES

5 slices fresh tuna (*maguro*) fillet (2-1/2 oz. or 75 g)
3 slices fresh porgy fillet (1-2/3 oz. or 45 g)
1 | 1 c. water
  | 2 T. rice vinegar
4 c. *sushi* rice
wasabi, as desired
1/3 oz. (10 g) fresh salmon roe
2 strips purple laver (*nori*; 1"×5" or 2.5×18 cm)
1/3 oz. (10 g) fresh sea urchin (*uni*)

2 | 3 thin slices cuttlefish (1 oz. or 30 g)
  | 3 cooked shrimp (see p. 46, Shrimp-Cucumber Rolls)
  | 3 slices egg roll (see p. 33, Japanese Egg Roll)
  | 3 ark shells (*akagai*)
  | 3 cockles (*torigai*)
  | 2 slices halfbeak (*sayori*) fillet (1 oz. or 30 g)
pickled sweet-sour ginger root and lemon slices, as desired

How to prepare fish for pressed *sushi* with *sashimi*: Slice the fish (see p.9).
■ Dip your hands in 1. Pick up about 2/3 oz. (20 g) *sushi* rice with your right hand, and gently squeeze into a rectangular block.
■ Pick up a slice of fish in your left hand and brush a little *wasabi* over the center (illus. 1). Place the *sushi* rice block on top of it (illus. 2). Press down gently on the *sushi* rice with your right index finger (illus. 3), then turn it over so the fish is on the top. With your right thumb and index finger, press both sides so that it is roughly rectangular (illus. 4), then gently press down on the fish slice with your right index finger and middle finger. At the same time, press the fish out toward one end with your left thumb, so that the fish arcs outward (illus. 5). Turn the *sushi* around and repeat on the other end. Repeat the whole procedure on the same two ends for a finished look. Repeat the same procedure for each of the items in 2.
To make pressed *sushi* with salmon roe: Pick up a half-handful of *sushi* rice and form it into a cylindrical shape. "Frame" the rice by pressing a strip of purple laver around the outer edge; seal the two ends together onto the rice with some rice vinegar. Fill with salmon roe. Follow the same procedure for the sea urchin.
■ Arrange the assorted pressed *sushi* attractively in a serving dish and serve.
□ **To eat:** Using chopsticks, turn the *sushi* so that the filling side faces sideways (illus. 6), then dip in soy sauce (illus. 7). *Sushi* can also be eaten with the








1


2


3

HAND-ROLLED SEAWEED SUSHI (Temaki)

6 ROLLS

6 sheets purple laver (*nori;* 10″×3-1/2″ or 25×9 cm)

1
- 2 leaves lettuce
- 4 stalks green asparagus
- 2 cooked shrimp
- 1/2 packet fine bonito shavings (*hanagatsuo*)
- mayonaise, as desired

2
- 2 leaves lettuce
- 1/2 gherkin cucumber (cut 1-3/4″ or 7 cm long)
- 3 T. *sushi* rice
- *wasabi*, as desired
- 2 slices *sashimi*

3
- 2 leaves lettuce
- 1/2 gherkin cucumber (cut in thin diagonal slices)
- 4 t. salmon roe

■ Cook the asparagus in boiling water until done, then cut in 2-3/4″ (7 cm) pieces. See page 46, Shrimp-Cucumber Rolls, for instructions on how to prepare the shrimp. Arrange all the ingredients on plates and have ready.

■ Toast a sheet of purple laver. Place half of 1 in a corner of the seaweed, in order, and roll up (illus. 1, 2, 3).

■ Roll 2 and 3 in the same way as 1. Serve and eat immediately (to prevent the seaweed from becoming soggy).

□ To toast the purple laver: Place the seaweed in a dry frying pan or wok, or on the lower shelf of an oven. Toast about 5 seconds and remove. Pretoasted seaweed is also available commercially.

□ This dish is a good finger food for banquets or buffets.





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HAM, VEGETABLE AND EGG ROLLS

4 ROLLS

8 stalks fresh green asparagus
1/2 stalk celery
1/2 apple
2 slices ham (square)
2 stalks Chinese celery
4 eggs
4 leaves lettuce
mayonaise (or salt), as desired

■ Cut the tender ends of the green asparagus into 2-3/4" (7 cm) lengths. Blanch in boiling water and cool in tap water. Pare off the strings from the celery and cut into 2-3/4" (7 cm) lengths. Cut into thin strips along the grain and soak in ice water. Cut the apple into thin strips and soak in salt water. Drain each separately before use and set aside. Cut the ham into fine strips. Blanch the Chinese celery in boiling water, cool in tap water, then tear into fine strips.

■ Beat the egg lightly. Fry into 4 egg ''pancakes'' (about 6-1/2" to 8" or 17 to 20 cm in diameter).

■ Spread out one of the egg ''pancakes''. Lay a leaf of lettuce on it, then top with 1/4 of the asparagus, celery, apple, ham, and some mayonaise (illus. 1). Fold the egg ''pancake'' in half, allowing the filling to protrude somewhat (illus. 2). Roll the two ends towards the center, then secure with the Chinese celery shreds (illus. 3). Repeat for the remaining three egg ''pancakes''. Serve.

□ The filling ingredients can also be rolled in Chinese *moo shu* shells (Peking duck flour wrappers), bread, etc.



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SUSHI SALAD

SERVES 1

1 c. *sushi* rice
1/2 sheet purple laver (*nori;* cut into fine shreds)
4 slices marlin (*kajiki*) fillet
2 slices cuttlefish (*ika*)
1 gherkin cucumber
2 slices tuna fish (*maguro*) fillet
2 slices Japanese egg roll
1 ark shell (*akagai*)
1 slice octopus (*tako*)
1 slice (1-1/2″ or 4 cm square) broiled eel (*unagi*)
2 slices mackerel (*saba*)
1 shrimp
1 slice cockle (*torigai*)
2 fish rolls
1 dried Chinese black mushroom (*shiitake;* soaked until soft and cooked)
1/2 t. *wasabi* (Japanese horseradish)

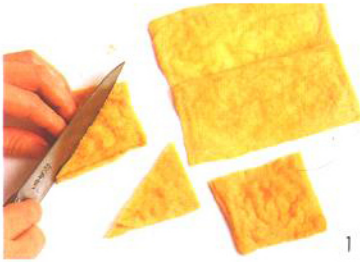
■ Place the *sushi* rice (see p. 6) in a serving dish and sprinkle on the purple laver shreds. Roll the marlin into a flower (see "Chinese Appetizers and Garnishes", p. 103). Spread open the cuttlefish slices, place 1/2 gherkin cucumber on top, and roll up. Secure with a toothpick, then cut into pieces. Arrange the tuna fish fillet, Japanese egg roll slices (see p. 33), ark shell, and other ingredients neatly on a platter.

■ Cut the other half of the gherkin cucumber into thin diagonal slices. Place the mushroom on the side as a garnish, then top with the *wasabi* and serve. This is a Kantō (Tokyo) style dish.

□ Fish rolls can either be bought ready-made, or made yourself at home. To make: Cut a 3″×1-1/2″ (8×4 cm) piece of fish fillet into 1/8″ (.5 cm) slices. Roll both ends toward the center to form a double scroll. A strip of purple laver may be placed on top of the fish slice before it is rolled.

□ As a variation, the above ingredients may be shredded and sprinkled over the *sushi* rice (illus. 1,2,3). This is the Kansai (Osaka) version of *Sushi* Salad.

□ Serve *Sushi* Salad in a bowl or wooden rice box.



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SERVES 4

TOFU POCKET SUSHI (Inarizushi)

■ Cut the fried *tofu* pockets diagonally into triangles (illus. 1). Place in a pot with 1 and bring to a boil. Cook until the sauce is completely reduced, and set aside to cool.

■ Dip both hands in 2. Stuff the *tofu* pockets about 4/5 full with *sushi* rice (illus. 2). Sprinkle a little toasted black sesame seed over the top (illus. 3). Eat with the pickled shredded ginger root.

□ The square fried *tofu* pockets can be cut into squares or rectangles, or they can be rolled, for variation.

Diced dried Chinese black mushroom (*shiitake*), diced carrot, and diced dried gourd shaving (*kampyō*) may be cooked with 1 until the sauce is reduced. Allow to cool, then mix in with the *sushi* rice, along with some chopped gherkin cucumber.

□ To make shredded pickled ginger root: cut 2/3 lb. (300 g) fresh young ginger into thin slices, and blanch in boiling water 1 minute. Remove and pickle in 3 tablespoons sugar and 3 tablespoons vinegar.

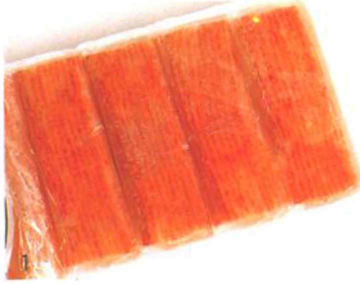
10 square fried *tofu* pockets

1:
- 2/3 c. *dashi*
- 5 T. sugar
- 3 T. soy sauce

2:
- 1 c. water
- 2 T. rice vinegar

4-1/2 c. *sushi* rice (approx.)
2 t. toasted black sesame seeds
shredded pickled sweet-sour ginger root, as desired









CRAB AND RICE MIX-UP

SERVES 4

1 can crab meat
1 T. ginger root juice
2 bowls cooked rice
2 dried Chinese black mushrooms
4 bunches spinach

1
4 c. *dashi*
1 t. salt
2 t. light-colored soy sauce
pinch of MSG (optional)

2-1/2 oz. (75 g) artificial crab meat
4 eggs

■ Stir the ginger root juice into the crab meat (illus. 1). Add some cold water to the cooked rice to separate the grains (illus. 2).

■ Soak the mushrooms until soft and cut into thick strips. Cut the spinach into pieces. Set aside.

■ Bring 1 to a boil. Add the cooked rice and mushrooms and bring to a full second boil over high heat. Add the crab meat, the artificial crab meat (illus. 3), and the spinach. Cook briefly. Skim off the foam, break in the eggs and turn off the heat. Serve.

□ To make ginger root juice: filter off the liquid from ginger root puree.

□ Purple laver shreds, fresh oysters, clams, fish fillets, and so forth may be added to this dish according to individual preference.









TEA RICE

SERVES 4

■ Broil the salted salmon until cooked through. Skin and debone; tweeze out the fine bones. Tear into fine shreds (illus. 3).

■ Place the cooked rice in a serving dish. Top with 1, the salted salmon shreds, and 2. Pour on the hot tea and serve. Pickled vegetables may be added on the side, or top with bonito shreds.

□ Use either green or oolong tea.

□ This dish is especially convenient if you shred fried salted salmon leftover from the previous meal.

- 1-1/3 oz. (37 g) salted salmon (*shiojake*)
- 4 c. cooked rice
- 1:
  - 1/8 t. MSG (optional)
  - 1/6 t. salt
  - 1 T. white sesame seeds (illus. 1)
- 2:
  - 4 stalks trefoil (*mitsuba*)
  - purple laver (*nori*) shreds, as desired
  - 1 t. *wasabi* (Japanese horseradish; illus. 2)
- 3 c. tea





PORK CUTLET OVER RICE (Katsudon)

SERVES 4

14 oz. (400 g) lean pork

1 | 1/2 c. flour
1 egg, lightly beaten
3/4 c. fine bread crumbs

4 c. cooked rice

2 | 1-1/2 c. *dashi*
5 T. *mirin* (sweet rice wine)
2-1/2 T. soy sauce
1 t. sugar

sliced green onion, green portion only, as desired
4 eggs, lightly beaten

■ Cut the lean pork into 3/8″ (1 cm) thick slices. Tenderize by pounding with the dull edge of a cleaver or a meat mallet. Sprinkle on 1/8 teaspoon each of salt and pepper. Dip the pork slices in the ingredients in 1, in order (illus. 1, 2, 3).

■ Heat 3 cups cooking oil to 320°F (160°C). Deep-fry the pork slices over medium heat until golden brown on both sides and cooked through. Remove from the oil, cut into pieces, and place some pork in each rice-filled bowl.

■ Bring 2 to a boil. Add the green onion and egg. When the egg is about half set, pour over the pork and rice. Serve.









SERVES 4

FRIED SHRIMP OVER RICE (Tendon)

- 4 jumbo shrimp
- 1:
  - 1/2 c. low-gluten flour
  - 1/2 egg
  - 1/3 c. water (or ice water)
- 4 slices green pepper
- 4 slices eggplant
- 4 slices taro (dasheen)
- 4 c. cooked rice
- 2:
  - 5 T. *mirin* (sweet rice wine)
  - 1 t. sugar
  - 2-1/2 T. soy sauce
  - 1-1/2 c. *dashi*

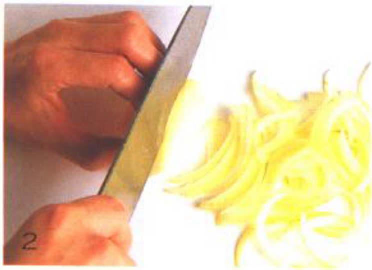
■ Shell the shrimp, but leave the tail intact. Remove the tips of the tails (illus. 1) and chop off the ends of the double tail shells (illus. 2). Scrape out the moisture contained in the shrimp tail with the dull edge of a knife. Make several gentle slashes in the belly portion of the shrimp (illus. 3), lightly pound it straight, and set aside.

■ Heat 2 cups cooking oil. Dip the shrimp in 1 and deep-fry until crisp (see p. 60, Seafood Tempura). Separately dip the green pepper, eggplant, and taro in 1 and fry until crisp (see p. 62, Vegetable Tempura).

■ Put 1 cup of cooked rice into each individual bowl, and top with the batter-fried shrimp and vegetables. Bring 2 to a boil, and pour some over each portion. Toss and eat.







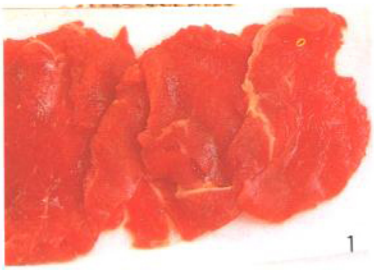


CHICKEN AND EGG OVER RICE (Oyako Domburi) SERVES 4

- 1/4 lb. (120 g; net wt.) chicken leg (dark) meat
- 1 onion
- 2 large Chinese green onions
- 4 eggs
- 1
  - 1-1/2 c. *dashi*
  - 5 T. *mirin*
  - 1-1/2 t. sugar
  - 2 T. soy sauce
- 4 c. cooked rice

■ Cut the chicken meat into thick strips (illus. 1), the onion into half-rings (illus. 2), and the large Chinese green onion into diagonal slices (illus. 3). Beat the eggs lightly and set aside.

■ Bring 1 to a boil. Add the chicken and onion, and cook until soft. Next add the beaten eggs and large Chinese green onion. When the egg is about half set, pour some of the contents over each portion of rice. Serve.



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SERVES 4

BEEF OVER RICE (Gyudon)

■ Add 1 and the onion to a saucepan, and cook until the onion is soft. Next add the sliced beef and green onion, and cook briefly. Put some of the contents over each rice-filled bowl, and top with some sliced pickled red ginger root (illus. 3). Serve.

2/3 lb. (300 g) sliced beef (illus. 1)

1:
- 1 t. each: sugar, soy sauce
- 1/2 t. salt
- 1-1/2 c. *dashi*
- 5 T. *mirin*
- 1/8 t. pepper

1-1/2 c. sliced onion (illus. 2)
4 green onions, sliced
4 c. cooked rice
sliced pickled red ginger root (*beni-shōga*), as desired









RED BEAN RICE

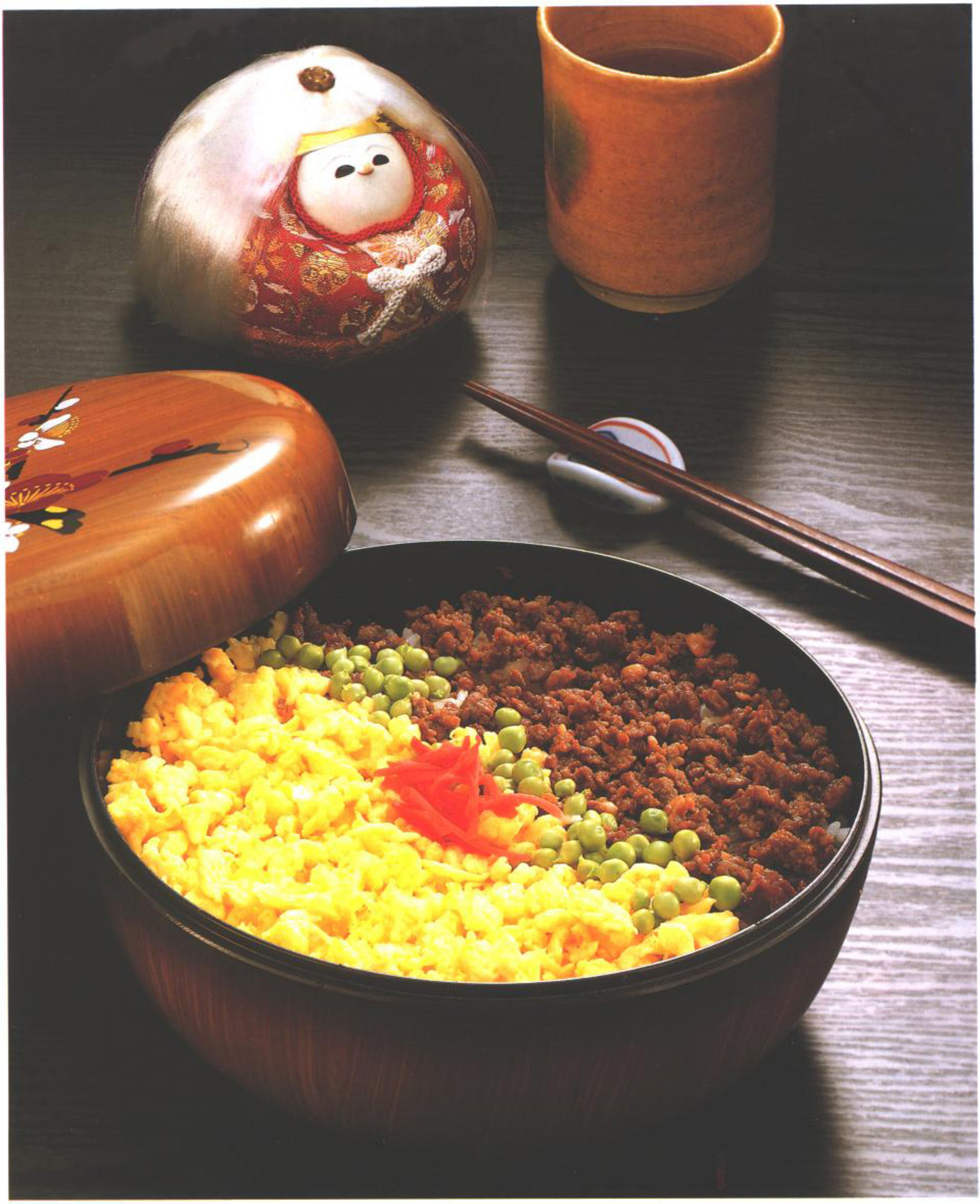
SERVES 4

1/3 c. red (*adzuki, azuki*) beans
5 c. glutinous rice (sweet rice)

■ Choose red beans that are large and have no foreign matter mixed in (illus. 1). Add 2 cups water and bring to a boil. Discard the water (this is to remove any bitterness). Add a fresh 3 cups of water and again bring to a boil. Turn the heat to low and simmer about 30 minutes, until the beans begin to split open (illus. 2). Remove the beans, drain well, and retain the cooking liquid.

■ Wash the glutinous rice and soak in the liquid used to cook the red beans (illus. 3) about 8 hours. Drain well, again retaining the liquid. Mix the red beans into the glutinous rice. Transfer to a cloth-lined steamer, and spread out evenly. Steam over high heat for about 50 minutes (pour the liquid from cooking the red beans over the rice as it steaming; pour in a little at a time each of 4 to 5 separate times). Serve.

□ Red Bean Rice is often served on holidays and at celebrations; it symbolizes happiness and good fortune.





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TWO COLOR RICE

SERVES 4

1/2 lb. (225 g) ground beef

1 | 2 T. sugar
  | 4 T. soy sauce
  | 1 T. *mirin* (sweet rice wine)

6 c. cooked rice

5 eggs

2 | 1/3 t. salt
  | 3 T. *dashi*
  | dash of sugar

2-1/2 oz. (75 g) cooked peas

shredded pickled red ginger root (*beni-shōga*), as desired

■ Heat a frying pan and add 1 teaspoon cooking oil. Put in the ground beef (illus. 1) and stir-fry until the meat changes color. Add 1 and continue to stir-fry until the sauce is reduced. Pour over the cooked rice.

■ Beat the eggs lightly. Mix in 2 until well blended.

■ Heat 4 tablespoons cooking oil in a frying pan, pour in the egg mixture, and stir-fry until the egg is set. Place on the rice next to the ground beef. Scatter some cooked peas (illus. 2) and shredded pickled red ginger root (illus. 3) over the top and serve.

□ Cooked dried Chinese black mushroom strips (see p. 69 Basic Rolled Sushi) and shredded purple laver (*nori*) may be added according to individual preference.





1



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LITTLE-OF-EVERYTHING RICE

SERVES 4

3 c. raw rice

1 | 3-1/2 oz. (100 g) chicken meat
1 oz. (30 g) carrot
1 square fried *tofu* pocket
1/4 cake *konnyaku*
1 T. peas

2 | 1/3 t. salt
3 T. light-colored soy sauce
1 T. rice wine

3 c. *dashi*

shredded pickled red ginger root (*beni-shōga*), as desired

■ Cut the chicken, carrot, fried *tofu* pocket, and *konnyaku* of 1 (illus. 1) into julienne strips. Place in a bowl with the peas. Mix in 2 and marinate about 20 minutes (illus. 2). Set aside.

■ Wash the rice, then add the *dashi* and all the other ingredients, and mix carefully until blended (illus. 3). Cook until done. Sprinkle on some shredded pickled red ginger and serve.





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RICE BALLS (Onigiri)

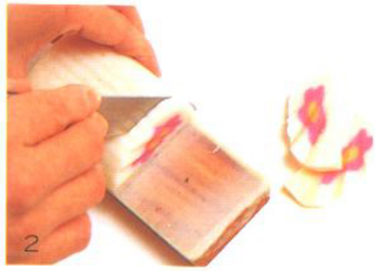
3 BALLS

- Divide the rice into 3 balls.
- Remove the seed from the pickled plum, and cut the plum into three pieces.
- Place one piece of pickled plum in each rice ball. Place a rice ball in your left hand, and press into an angle (illus. 2); place your right hand on top of the rice ball and flatten it down (illus. 3). Repeat this process until the rice ball is in the shape of a triangle. Encircle one of the balls with a strip of purple laver; roll the second ball in the crushed laver; and roll the last one in the black sesame seeds. Serve.
- Rice balls can also be made by pressing the rice into rice molds available commercially.

1-1/2 c. cooked rice
1 pickled plum (*umeboshi*)
1 strip purple laver (*nori*; 6″ × 3/4″ or 15 × 2 cm)
crushed laver (*furigake*; illus. 1), as desired
black sesame seeds, as desired









UDON IN BROTH

SERVES 4

- 4 packages (2 lb. 3 oz. or 1000 g) precooked *udon* noodles (illus. 1)
- 4 dried Chinese black mushrooms (*shiitake*)
- 1 | 1/2 c. mushroom soak water; 2-1/2 T. sugar, 1 T. soy sauce
- 1/2 fish cake (*kamaboko*)
- 4 bunches spinach
- 3 oz. (80 g) chicken meat
- 4 shrimp, 8 clams
- 2 | 4 c. *dashi*, 1/4 t. salt; 1/2 c. each: *mirin*, light-colored soy sauce
- 4 eggs
- seven-flavor seasoning (*shichimi-tōgarashi*), as desired

■ Soak the mushrooms until soft, then cook in 1 until the flavors are well absorbed (about 8 minutes). Cut the fish cake at about a 15° angle, and alternate the knife back and forth while cutting to form a rippled rising sun pattern (illus. 2, 3). Blanch the spinach in boiling water about 30 seconds. Squeeze out the excess moisture and cut into 1-1/4" (3 cm) lengths. Slice the chicken. Set aside.

■ Immerse the precooked *udon* noodles in hot water for 30 seconds, and transfer to a clay pot. Place the mushrooms, chicken slices, fish cake slices, shrimp, and clams on top of the noodles. Pour in 2 and bring to a boil over high heat. Pour in the egg and continue to cook until the egg is about half set. Add the spinach. Serve hot. A little seven-flavor seasoning may be sprinkled over the top, if desired.

□ *Udon* noodles are sold in fresh uncooked, dry, and cooked forms; choose the kind you prefer.






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COLD NOODLES

SERVES 4

- 4 bunches *sōmen* (thin wheat noodles)
- 4 medium shrimp
- 2 gherkin cucumbers
- 2 eggs
- 8 slices fish cake (*kamaboko*)
- 4 c. crushed ice (approx.)
- 1 c. *dashi*
- 1 — 1/4 c. each: *mirin,* light-colored soy sauce
- 1/6 oz. (5 g) bonito shreds
- 2 T. chopped green onion
- 2 — 1 sheet purple laver, cut into thin strips
- 1-1/2 T. ginger root puree

■ Place the *sōmen* (illus. 1) in boiling water. After it comes to a second boil, add 1 cup of tap water and continue to cook about 1 minute, until the noodles are cooked through. Remove from the boiling water and place in a bowl of tap water to cool. Drain (illus. 2), then add some crushed ice, and chill in the refrigerator.

■ Cook the shrimp and remove the shells. Cut the gherkin cucumber into thin rounds. Beat the egg lightly, fry into a thin egg ''pancake'', and cut into shreds. Set aside.

■ Bring 1 to a boil and strain. This is the broth for the cold noodles.

■ Place ice cubes (or ice water) in a transparent bowl. Add the *sōmen* (illus. 3). Arrange the egg shreds, shrimp, cucumber, and fish cake neatly on top. Divide the broth among four small bowls, filling each about 3/5 full. Place 2 in a small dish.

■ Add some of 2 into the noodle broth. Take some noodles and other ingredients and dip in the broth before eating.

□ Chinese vermicelli can be substituted for the *sōmen,* and the other ingredients can be varied according to individual preference.







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EMERALD BUCKWHEAT NOODLES

SERVES 4

4 bunches buckwheat noodles (*soba*)

1
- 1 c. *dashi*
- 1/4 c. *mirin* (sweet rice wine)
- 1/4 c. light-colored soy sauce
- 1/6 oz. (5 g) bonito shreds

2
- 1 c. chopped green onion
- 1/8 t. *wasabi* (Japanese horseradish)
- 1/2 c. Chinese white radish (*daikon*) puree
- 1 sheet purple laver (*nori*; cut into shreds)

■ Cook the buckwheat noodles (illus. 1). Soak in 10 cups ice water to cool. Drain well and place in a serving dish.

■ Bring 1 to a boil, strain, and place in small bowls; this is the broth for the noodles. Place each of the ingredients in 2 (fresh quail eggs may also be added) in separate small dishes.

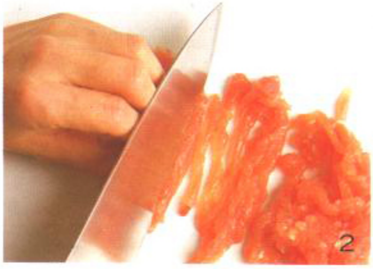
■ Mix some of 2 into the broth, then dip the noodles and other ingredients in the broth to eat.

□ **How to Make Homemade Buckwheat Noodles** (*Soba*): Use buckwheat with brown kernels. Remove the husks and grind into flour (illus. 2). Add 2 cups low-gluten flour, 1/8 teaspoon salt, and 3 cups water to 10 cups buckwheat flour. Knead into a smooth dough that is neither too soft nor too stiff (if the dough is too dry, add more water; if too sticky, add dry flour). Leave undisturbed about 1 hour. See page 7, How to Make Homemade Udon Noodles for instructions on rolling out the dough. Cut into 3/16" (.2 cm) thin noodles.

□ Buckwheat is harvested during September and October, so these two months are the buckwheat noodle ''season'', when *soba* is at its freshest and best. *Soba* comes in dry and fresh uncooked forms. It can be eaten cold or hot; try using it in recipes calling for *udon* noodles, or for Chinese style noodles in broth.

□ *Wasabi* (Japanese horseradish) powder (sold in boxes or cans; illus. 3) can be used to make *wasabi* dip. Add some cold or tepid water to some *wasabi* powder to form a paste (use 3 tablespoons *wasabi* powder to 1-1/2 tablespoons water). Leave in a tightly sealed container for 10 minutes and it is ready for use.









SERVES 4

FRIED UDON NOODLES

■ Immerse the precooked *udon* noodles in boiling water briefly and remove.

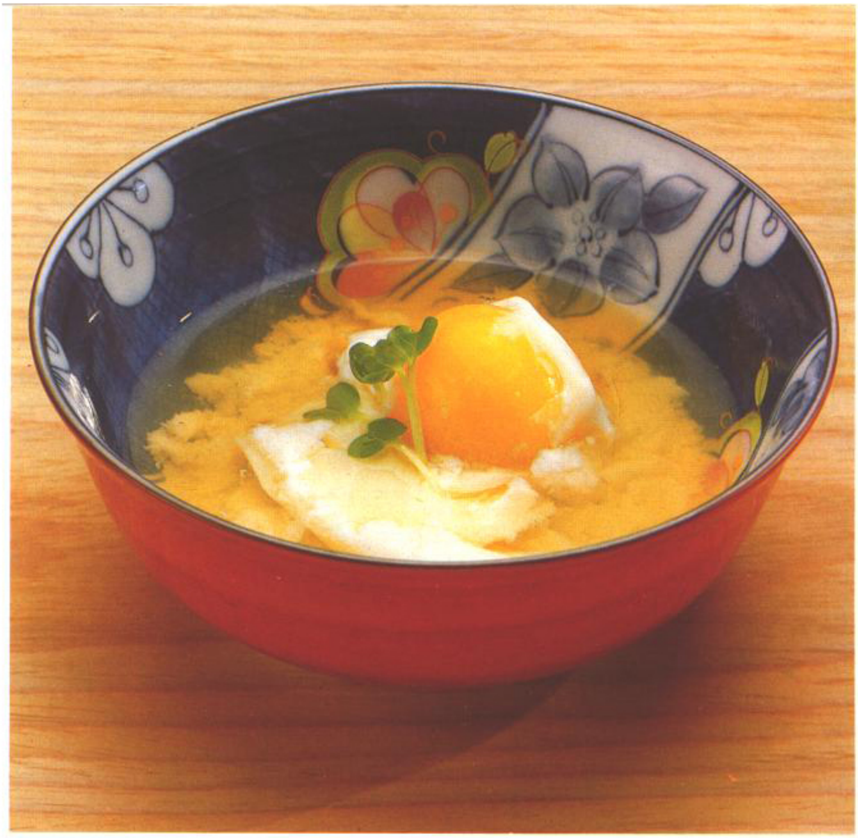
■ Cut the onion into half-rings. Cut the cabbage heart into slices (illus. 1), then cut all of the cabbage into shreds. Cut the pork into shreds (illus. 2).

■ Heat a frying pan and add 3 tablespoons oil. Stir-fry the onion, cabbage, and pork briefly. Add 1 and the noodles. Stir-fry until the sauce is reduced. Sprinkle on a little sesame oil and seven-flavor seasoning (illus. 3), and serve.

4 packages (2 lb. 3 oz. or 1000 g) precooked *udon* noodles
1 onion
1/2 head cabbage (2/3 lb. or 300 g)
1/3 lb. (150 g) lean pork

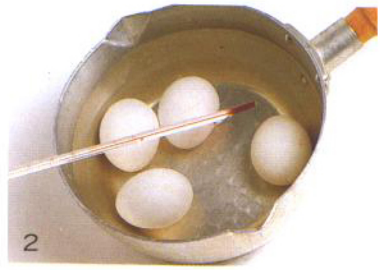
1 { 2 T. Chinese dark vinegar
3 T. soy sauce, 1-1/3 T. sugar
1/4 t. MSG (optional)
1-1/2 c. water, 1/8 t. pepper }

sesame oil, as desired
seven-flavor seasoning (*shichimi-tōgarashi*), as desired





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HOT SPRING EGGS

SERVES 4

- 4 eggs
- 1 | 1-1/2 T. *mirin* (sweet rice wine)
  1 T. soy sauce
  2/3 c. *dashi*
  1/8 oz. (4 g) bonito shavings (*hanagatsuo*)
- white radish sprouts (*kaiware*), as desired

■ Place the eggs in a saucepan of cold water (illus. 1) and cook about 40 minutes over low heat. The temperature should be maintained at between 149° to 154°F (65° to 68°C). Do not allow the thermometer to touch the bottom of the pot (illus. 2). Add cold water or temporarily turn off the heat if the temperature goes too high. Simmer until the yolk is partially solid, and the egg white is smooth and soft (illus. 3). These are "hot spring" eggs.
■ Bring 1 to a boil and turn off the flame immediately. Wait until the bonito shavings have settled, then strain. This is the soup stock.
■ Shell the cooked eggs, and place one egg in each bowl. Top with some white radish sprouts, add some soup stock, and serve.
□ 149° to 154°F (65° to 68°C) is equivalent to the temperature obtained by adding 4 cups boiling water to 2-1/2 cups cold water.
□ Hot spring eggs can be kept up to 2 days in the refrigerator. This dish is a delicate and unusual breakfast.






2


3

JAPANESE SALAD

SERVES 4

- 14 oz. (400 g) cuttlefish (*ika*; do not split)
- 1
  - 6 c. water
  - 2 green onions
  - 2 slices ginger root
  - 1 T. rice wine
- 1 head lettuce
- 1 tomato
- 12 stalks fresh green asparagus
- 1 onion
- 2
  - 6 T. salad oil
  - 2 T. rice vinegar
  - 1-1/2 T. soy sauce
  - 1 t. sesame oil
  - 1 T. white sesame seed powder
- 1 cooked egg yolk

■ Remove the entrails and outer membrane from the cuttlefish. Bring 1 to a boil and add the cuttlefish. Lower the heat and simmer, covered, for 3 minutes. Turn off the heat, then leave covered for another 3 minutes. Place in cold water (to make the cuttlefish firm). Cut into thin rings.

■ Wash the lettuce and tomato separately and cut into slices. Blanch the asparagus briefly in boiling water and cut into sections. Slice the onion into rounds (illus. 1) and soak in ice water (illus. 2) about 10 minutes. Remove from the ice water and pat dry with paper towels. Stir 2 together until of a thick consistency.

■ Arrange the salad ingredients neatly on a serving platter, then pour 2 over the top. Place the cooked egg yolk in a strainer and press down on the top with a rubber spatula to grate the yolk over the salad. Move the strainer while grating so that there is an even dusting of egg yolk over the top. Serve.









SERVES 4

SAVORY PANCAKES

■ Mix 1 well to form a thick batter. Cut the cuttlefish in 2 into strips (illus. 2), and devein the shrimp (illus. 3).

■ Heat a flat-bottomed frying pan and add 3 tablespoons oil. Pour 1/8 of the batter into the pan and fry over low heat into a "pancake" until about half done. Sprinkle on 1/4 of 2, pressing the ingredients down lightly. When the bottom of the "pancake" is golden, turn it over to fry the other side for 1 minute. Remove to a plate with a spatula. Pour another 1/8 of the batter into the frying pan and again fry into a "pancake". Heat until about half done, then place the first "pancake" on top of the half-done second one. Continue to fry until golden brown. Transfer to a serving plate.

■ Mix 3 until blended. Top the pancake with 3, then some pickled red ginger root shreds and bonito shreds. Serve.

□ "Tempura crumbs" are the crumbs of fried batter which are skimmed from the oil when frying *tempura*. Adding *tempura* crumbs to 2 gives this dish extra flavor and crunch. They may be omitted if unavailable.

1
- 2/3 c. low-gluten flour
- 3/4 c. *dashi*
- 5 eggs

2
- 1 lb. (450 g) cabbage, shredded
- 1 c. *tempura* crumbs (illus. 1)
- 1/3 lb. (150 g) cuttlefish (*ika*)
- 1/3 lb. (150 g) shrimp (shelled)
- 2-1/2 oz. (75 g) pork shreds
- 1/2 c. chopped green onion

3
- 2 t. mustard, 6 T. ketchup
- 2 T. mayonaise
- 6-8 T. Chinese dark vinegar

pickled red ginger root (*beni-shōga*) shreds, as desired

fine bonito shreds (*hanagatsuo*), as desired





1



2


3

JAPANESE BEEF OMELETTE

SERVES 4

7 oz. (200 g) ground beef
1/2 onion
1/3 lb. (150 g) broccoli
1/2 carrot

1
- 1/4 t. nutmeg (illus. 1)
- 1/8 t. pepper
- 1/8 t. salt
- 8 T. butter
- 2 t. flour
- 2 T. sweet wine (illus. 2)

8 eggs

■ Chop the onion (illus. 3). Cut the broccoli into flowerets, and the carrot into thick strips. Immerse each separately in boiling water for about 3 minutes. Place in cold water to stop the cooking process, then drain.

■ Heat a flat-bottomed frying pan, then add 2 tablespoons butter. Sauté the onion in the butter until soft, add the ground beef, and mix well. Mix 1 into the beef mixture until well combined. This is the filling.

■ Add 1/10 teaspoon each salt and pepper to 2 of the eggs. Beat lightly to mix in.

■ Heat the frying pan and add 1-1/2 tablespoons butter. Pour in the egg and stir gently. Lightly press down on the egg when it is about half set to form a pancake 7" (18 cm) in diameter. Bake over medium heat until fully set. Add 1/4 of the filling and fold in half when the bottom of the egg ''pancake'' begins to brown. Turn off the heat and transfer to a serving plate. Place some broccoli and carrot on the side. Repeat the same procedure for the 6 remaining eggs. Serve.

□ The nutmeg is optional, and may be omitted if unavailable.





SERVES 4

TEPPANYAKI

- 14 oz. (400 g) beef
- 8 shrimp (2/3 lb. or 300 g)
- 1 cuttlefish (2/3 lb. or 300 g)
- 4 green peppers
- 7 large dried Chinese black mushrooms (*shiitake*)
- 1 onion
- 1 eggplant (preferably long thin Oriental)

1
- 1/2 Chinese white radish (*daikon*)
- 1 small red chili pepper

2
- 3/4 c. each: soy sauce, *dashi*
- 4 T. *mirin* (sweet rice wine)
- 2 T. sugar
- pinch of MSG (optional)

3
- 1 c. white sesame seed powder
- bit of white *miso*
- 3/4 c. soy sauce
- 2 t. *mirin*
- 2 T. minced green onion

- lemon juice, as desired

■ Cut the beef into 3/8″ (1 cm) thick slices. Wash the shrimp (the shells may be removed from the body portion, head and tail left intact). Score the cuttlefish with a crosscut. Seed the green pepper and cut into pieces. Soak the dried mushroom until soft and cut into pieces. Cut the onion into rounds, and the eggplant into diagonal slices. Grind 1 into a puree (see p. 42, Fresh Fish Steamed with Tofu). Set aside.

■ Lightly oil (or butter) an iron *teppanyaki* griddle. Fry the ingredients (in a quantity appropriate for the size of the griddle), and eat as the food becomes ready. Dip in 2 or 3. A little 1 and lemon juice may be added to the dipping sauce.